de Jesus:

Know Your Plant Foods

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About the Author:

Pascuala de Jesus was born in Hermosa, Bataan, and grew up in the town of Orani of the same province. She received her early education in Spanish schools and continued her studies in the schools established by the Americans.

After teaching for a few years in Orani, she was granted a one year scholarship by the Philippine Government, so as to take up Home Economics in the Philippine Normal School, now Philippine Normal College. Then she held various positions as an art instructor in Baguio, Mt. Province; as Elementary and High School teacher in Home Economics, and later as supervisor in the general office of the Bureau of Education. She retired from the government to accept a teaching position afterwards in the Philippine Women's University, a private institution. After teaching for several years in this University, she was granted one year sabatical leave to observe and study in the United States (Indiana University and Illinois University). On her return to the Philippine Women's University, she was assigned as professor in foods. She retired on reaching the age of compulsory retirement.

The author has drawn much upon her wide experience and knowledge to write down the materials she has gathered for this wonderful book entitled **"Know Your Plant Foods."** By using the book you will be able to enjoy preparing your favorite plant foods and save time besides.

This book is dedicated to the Philippine Women's University on its Golden Anniversary (1969).

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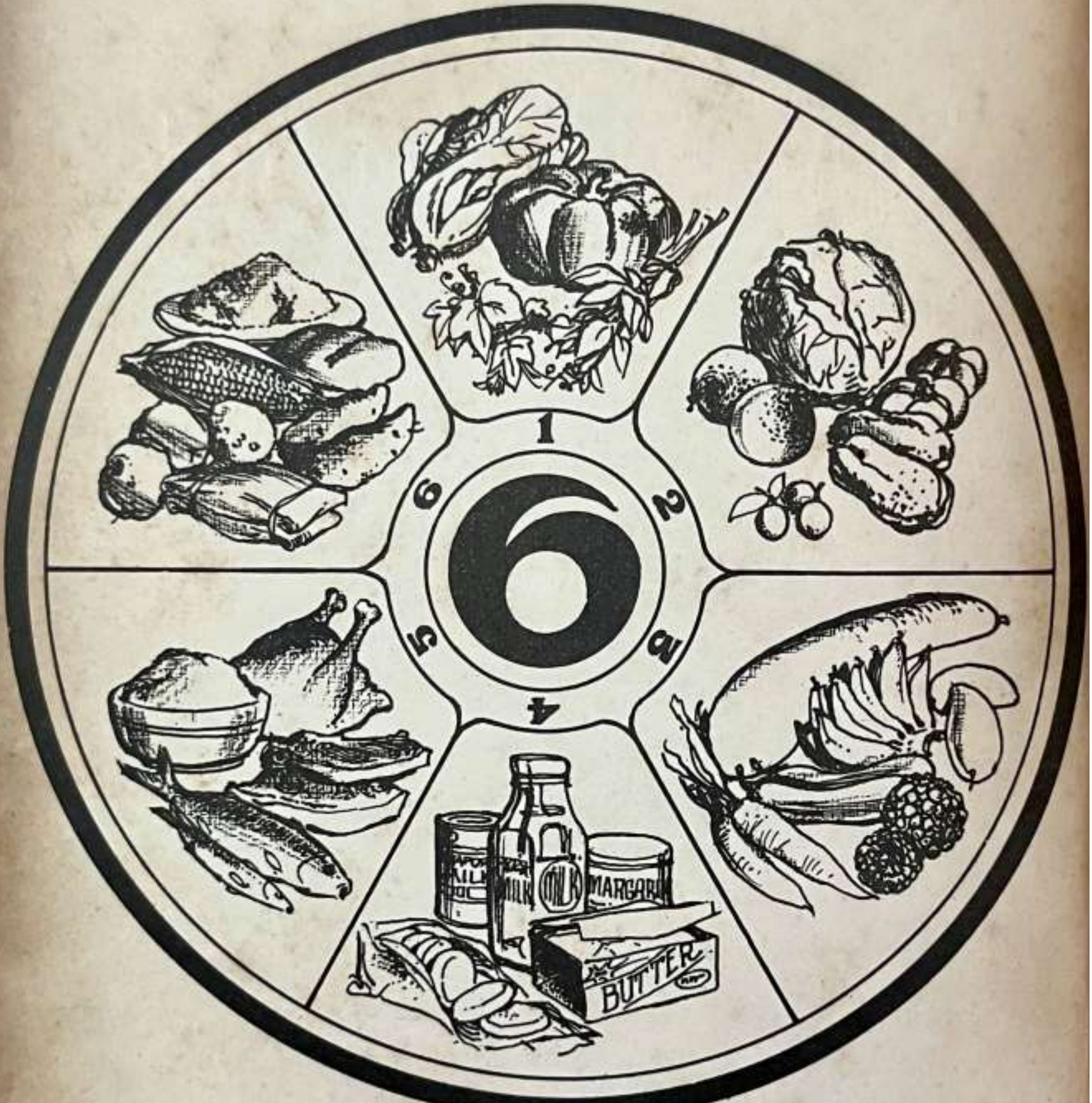
KNOW YOUR PLANT FOODS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Know Your Plant Foods

by

PASCUALA DE JESUS
Formerly Professor of Foods
The Philippine Women's University

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PREFACE

Know Your Plant Foods is a compilation of selected and approved projects and problems carried out by students of the Philippine Women's University who worked with the undersigned in their experimental food studies during the Japanese regime and the years thereafter. The projects included research on history or description, nutritive values, and uses of the foods selected.

Original and compiled recipes of the foods were tested and tasted during laboratory periods and only those recipes that were acceptable to the majority of the class were included in their reports.

Information on Plant Foods other than those given in this publication may be found in the reference listed in the Bibliography.

This consolidated report of projects and experiments of the most common plant foods available in the Philippines carried out by former students of the Philippine Women's University is offered with the sincere hope that it will benefit present and future students of this University as well as other students and homemakers who may find a need for it. Acknowledgment is hereby made to the authors included in the Bibliography.

P. DE JESUS

PRELUDE

THE KINGDOM OF PLANTS

The kingdom of plants is a source of health,
Of color and beauty that attract the eyes,
Fruits and vegetables brighten our meals
And should always go with fish or meat,
In order to achieve the nutritional needs
To provide our body with acid and base.

How drab and monotonous our diet would be,
Without an accompaniment or touch
Of the golden carrots and the refreshing green beans,
Of the bright red tomatoes and the crisp cucumbers;
Fortunately there is more than one way,
To prepare vegetables to look bright and gay.

"Know Your Plant Foods" is the title of this book,
It helps you to know which parts of the plants are
used for food,
And to make you understand that they are like people
in the way of treatment,
With sympathy and understanding,
They give their best in color, flavor and nutrients;
But if they're given indifferent treatment,
They become lifeless, drab and unwholesome.

P. DE JESUS

INTRODUCTION

PLANT FOODS

All our foods, except water and salt are furnished by plants. If we eat meat, egg or fish, we are still dependent on plants for they nourish the animals. In the use of plants as food for humans, edible plants or parts of plants fall under three classes of food materials—"Vegetables," "Fruits," and "Cereals." No definite line may be drawn to separate one from the others.

Vegetables and fruits are valued chiefly for their vitamin, mineral and cellulose contents. Some—such as sweet potatoes, corn, dried beans and mongoes, which contain 20 to 25 percent starch—can also contribute materially to the day's energy requirements.

Much of the enjoyment derived in using fruits and vegetables arises from their pleasing colors. If one were to remove all fruits from the diet for a time, it is probable that color and flavor would be missed sooner than vitamins and minerals. Color adds to the attractiveness of food and is an important part of any appeal to the appetite. Flavor is considered by many as an important contribution of fruits. Hence, fruits serve as appetizer.

Some vegetables with low nutritive value may be used to provide variety in color, flavor and texture. Many vegetables are valuable for their laxative properties.

Authorities in the field of nutrition recommend eating at least three kinds of vegetables each day. All foods have been divided into six groups known as the "Basic Six." It is interesting to note that three, or one half of this Basic Six include fruits and vegetables. Group I—leafy and yellow vegetables for vitamins and minerals, particularly vitamin A, the promoter of growth and protector of eyes from certain disease. Group II—vitamin C-rich foods, the protector of gums and teeth and promoter of appetite. Group III—other fruits and vegetables for additional vitamins and minerals.

Enjoying fruits seems no problem at all—their color, shape and sweetness or tart taste guarantee their popularity. We should learn to like vegetables, too. Their wide range of color and flavor and their great nutritional value make their use most indispensable and necessary.

The Philippines is not lacking in these valuable food materials that are essential for the well being of all individuals young or old. What seems to be lacking is the culinary knowledge of preparing them in different ways. One naturally gets tired of eating the same food prepared and cooked in the same way day after day. Although some vegetables and fruits are better served raw, yet cooking is employed to cause changes in them—principally those affecting palatability, digestibility and sanitary quality.

Variety, it says is a spice of life and variety may be secured not only in serving different kinds of food but also in cooking them in different ways.

A. Vegetables can be made to contribute their full share towards an adequate diet if they are selected, stored, prepared, cooked and served properly. Some rules that may guide one in the above requirements are as follows:

1. **Selection**
    a. Purchase vegetables that are fresh, crisp, and have no damaged or decayed spots.
    b. Purchase those that are in season.
    c. Purchase just enough perishable vegetables for immediate use.

2. **Storage**
    a. Store vegetables that wilt or spoil easily in the refrigerator, in moisture proof bags or by wrapping them in wax paper. If no refrigerator is available wrap them in banana leaves or soak their roots in water. Place them in the open air at night.

b. Discard inedible portions, such as damaged and decayed leaves to prevent further spoilage. Wash if necessary and drain before storing.

c. Store eggplant, green pepper, tomatoes and similar vegetables on shelf in the refrigerator.

d. Store beans in the pods in a covered container in the refrigerator.

e. Store staple vegetables such as dry onions, garlic, and potatoes in a dry ventilated receptacle or container.

3. Preparation

a. Use vegetables as soon as they are purchased or harvested or refrigerated as directed under storage.

b. If vegetables are to be cooked without skin, scrape them or pare them very thinly.

c. Shred or cut vegetables just before cooking or if to be served raw, just before serving.

d. Do not soak pared or cut vegetables in water.

e. Cook root vegetables such as potato, beats, white potatoes, gabi or ubi in their skin to prevent or reduce the loss of nutrients.

4. Cooking and serving

a. Do not overcook vegetables. Cook them just long enough to soften them or to make them palatable.

b. Do not use soda to preserve the color, nor to hasten the cooking time since soda destroys vitamins.

c. Place the vegetables in boiling salted water to shorten the cooking time. Count cooking from the time the water begins to boil.

d. Cook vegetables in a covered pan in a small quantity of water, except the vegetables with strong flavor such as cabbage, onions, cauliflowers, etc.

e. Cook green leafy vegetables without adding water except the water that clings to them after washing then steam (just cover the pan while cooking).

f. Save the water that remains in the saucepan after the vegetable is cooked. It contains valuable nutrients.

g. Serve vegetables as soon as possible after they are cooked.

h. Cook only enough to be finished in one meal. Refrigeration and reheating of left-over foods further destroy vitamins.

5. Methods of cooking

Much of the dislike for some vegetables is due to the way they are cooked or seasoned. The following are the common and appropriate methods of cooking vegetables.

Boiling and Steaming — Boiling is done in a covered saucepan with a small amount of water. Keep the water boiling until the vegetable is tender, while steaming is done in a steamer utensil, or if steamer is not available, a collander may be used. The vegetables may be put into it, then set over a kettle of boiling water. The kettle should have a fitting cover.

Baking — is done in an oven and is an excellent method of cooking potatoes, both white and sweet; beets, squash, tomatoes, eggplants and onions, especially if they are stuffed. The same methods may be used in cooking vegetables in casserole with little or no water.

Panning — is cooking vegetables in their own juice, or with the water that clings to them when they are washed. The cooking is done on top of the stove in a closed covered heavy utensil that is slightly greased. Peas, shredded cabbage, okra, greens, snap beans, and carrots are among the vegetables prepared by panning.

Frying — Fresh, raw or left-over vegetables may be fried either in small amount of fat in a skillet (known as sauteing) or in a deep fat (called French frying). Their flavor and appearance may be improved by dipping them into beaten egg and crumbs before frying.

Creaming — Freshly cooked or left-over vegetables may be creamed simply by adding white sauce and heating them.

Scalloping — To scallop a vegetable is to cream it (see creaming). Put it into a baking dish, cover with buttered crumbs and bake. Tomatoes, corn and eggplant may be scalloped.

Variation of Vegetable Dishes — By adding one or more of the following foods: bacon, ham, fresh pork, shrimps, cheese, hard cooked eggs, meat, pimiento, green pepper, onions, parsley, celery, mushrooms, tomatoes or spices.

Dried Vegetables — Some of the more commonly used dried vegetables are beans (navy, lima, kidney and pinto), peas (black-eyed, green, and yellow) and corn. (1 cup of dried beans double or triple its bulk when cooked.) Wash carefully, soak 3 to 5 hours or overnight in soft water (if available). Simmer until tender. Add more water if needed while cooking. Variety of flavors may be secured for those with mild flavor (as beans or peas) by adding salt, pepper, and fat. Others frequently used are onions, tomatoes, salt pork, sausage, bacon, or ham.

B. Preparing and Serving Fruits

Fresh, raw fruit needing little preparation may be eaten from fingers.

Always wash fruit carefully regardless of when or how it is served.

Duhat, siniguelas, grapes, apples, lanzones and chicos may often be eaten from fingers.

Fresh raw fruit needing little preparation but not eaten from fingers.

Berries.—Wash just before serving, lifting them to avoid crushing. Drain well. Serve with sugar and cream in a fruit dish on a small serving plate. Whole or crushed berries may be served with cereals or as topping for such desserts as custards, puddings, short cakes or ice creams.

Cantaloups should be washed and chilled. Small melons may be cut in half between the stem and blossom end. Large melons may be cut into sections. Remove seeds and serve at once. A spoon is used for melon halves, while a spoon or knife and fork is used for melon cut into sections. A dipper of ice-cream may be added for cantaloupe dessert. Cubes or balls of cantaloupe are often used in fruit cups or salad.

Watermelon should be washed and chilled. Before cutting, determine the number of servings. Whatever the number of servings and whatever the size of melon, it should be cut into crosswise rings and then cut the rings into three or six divisions. Watermelon should be served on a plate large enough to prevent the juice from dripping into the table. It should be eaten with a fork with or without salt. Cubes or balls of watermelon blend well with other fruits in a fruit cup or salad.

Oranges and *grapefruits* may be served whole, in halves, in sections, in slices or as fruit juice. For serving in halves, wash, chill, and cut in half crosswise between blossom and stem ends. For slicing, wash and chill. Remove peel or pare with a sharp knife as you would an apple, removing not only the outside peel but also the inside skin. With a sharp knife, cut crosswise, in thin slices not more than 1/4 inch thick between blossom and stem ends. Care should be taken not to lose the juice. Arrange slices attractively on a plate. Grape fruit may be sweetened with white or brown sugar, syrup or honey.

Bananas may be sliced and served with sugar and cream or milk or as a topping on ice cream, pudding, custards or shortcakes. Bananas darken when exposed to air, so they should not be peeled until it is time to serve them.

Mango — Slice on both sides of the seed with a stainless knife and serve on ice with teaspoon.

Frozen fruits should be used immediately after or just before they thaw completely. They may be used in almost any way fresh fruits are used.

Canned fruits may be served as sauces, with cereals or as topping on dessert, puddings and short cakes. They may also be combined with other canned or fresh fruits in fruit cups, salads or gelatin desserts.

Dried fruits should be washed, covered with boiling water and allowed to soak about an hour to replace the water lost in the drying process. Then simmer them over low heat in the water in which they were soaked. They may be used in almost any way canned or cooked fresh fruits are used. They add variety to meals because of their different flavor.

Fruit juices — Chilled juices of most fruits may be served as beverages or appetizers. The juice of the fresh or canned fruits may be used singly or in combination. They can be made more attractive and interesting, with such accompaniments as slices of lemon or orange, marachino cherries, fresh berries, or sprig of mint. Most fruit juices combine well with milk or buttermilk for beverages.

Fruit cups may be made of combination of fresh fruits in season or some fresh and some canned, frozen, or dried fruit. The fruit should be cut into small pieces and chilled. Serve it in a glass cup or small sherbet dish. It can be made very attractive by garnishing with cherries or a sprig of mint. A dipper of fruit ice or sherbet makes an interesting and pleasing addition. Fruit cups may be used as appetizers for any meal or a dessert for the noon or evening meals.

Fruit salads — The fruit is usually cut into larger pieces than in a fruit cup. Any combination of fruits—fresh, frozen, canned or dried—may be used. Keep in mind combination of color, shape, texture, and flavor to give an interesting appearance and a pleasing taste. Fruits blend in flavor. They may be combined with tart fruits or lemon juice or calamansi juice. The salad should be chilled. It may be served from a bowl or individual salad plates with some green as garnish. Either a French or a cooked dressing is suitable for fruit salad.

Fruit-with-meat — Because of its tart flavor, fruit makes a good and delightful accompaniment for meat. Pineapple slices go very well with ham. Mango sauce with roasts, orange slices, grapefruit sections, broiled or canned or dried fruits with broiled, roasted or fried meat or poultry.

FRUITS

Most fruits when thoroughly ripe are suitable for serving raw to insure obtaining the full value of its essential nutrients, by preventing loss through cooking, of such factors as ascorbic acid.

There are a number of reasons for cooking fruits. Among them are:

1. To improve its flavor and increase its digestibility.
2. To add interest to the diet and to vary the method of preparing foods.
3. To prevent spoilage since they ripen more quickly than it is possible to use them.
4. To preserve them for later use or to prevent wasting them in time of plenty so that their use or uses may be extended when they are out of season.

Commercial Products Obtained from Fruits:

There are two commercial products that can be made from fruit pulp and fruit juice. Fruit pulp when crushed and cooked with sugar is called *jam*. When a certain substance called *pectin* is present in the fruit or is added to its juice, the fruit can be made into *jelly*.

Pectin is a gelatinous substance present in some just ripe fruits. When the fruits are under ripe protopectin is present which is also capable of forming jel by cooking. The heat changes the protopectin to pectin. Only pectin jels. When the fruits become overripe the pectin is changed to pectic acid which does not jel.

Pectin cannot be extracted from fruits unless the fruits are subjected to heat by boiling. Several fruits have been found to be rich in pectin, such as guava, papaya, santol, duhat, green tamarind, apple, and a certain kind of grapes. The presence of pectin in fruit juice may be detected by (*a*) Jelmeter test, (*b*) alcohol test.

A. *Jelmeter test*: Have the juice at room temperature. Fill the tube and allow it to drip exactly 1 minute. The marks on the tube and the readings indicate the amount of sugar to use with 1 cup of juice. Indirectly, this indicates the richness of pectin.

B. *Alcohol test*: Add 5 ml. of cooled fruit extract to 15 ml. of 95% alcohol in a small glass. Turn the glass slowly back and forth. Pour contents gently into a saucer. If a solid clot of precipitated pectin forms, the juice contains sufficient pectin to produce a good jelly. If the precipitated pectin is in a flocculent state, the juice has a low pectin content. Commercial pectin or other fruit juice rich in pectin may be added. Other substances needed for jelly making are sugar and acid, which may be detected by tasting. More acid is present in underripe fruits than in the ripe or overripe ones. As the fruits ripen the acid content decreases while the sugar content increases. The average sugar needed for jelly making is one cup sugar to one cup fruit juice If the juice is not rich in pectin less sugar is added. Combining fruit juice with little or no pectin with the fruit rich in pectin produces jellies of different kinds. Pineapple is not rich in pectin. It may be combined with guava juice or papaya juice or the juice extracted from outside pulp of oranges between the flesh and the skin, or the pulp left out after extracting the juice of the orange.

C. **Pectin Jellies**

1. *Extraction of Pectin from Fruits.*

Prepare the fruit by washing well. The skins and cores are not removed. Cut hard fruits into slices or small pieces and crush soft fruits. Enough water to cover the fruit is added for hard fruits and little water for the soft fruits. Boil until soft. If acid is needed, add it at the beginning of the extraction period. After the first extraction, pour the hot juice into a suspended jelly bag and let the juice drip into a bowl. When dripping has almost ceased, put contents of bag back into kettle and make second extraction, if the fruit is very rich in pectin. Allow this to drain through the bag. Before combining extractions 1 and 2, reserve enough of each extraction to make a jelmeter test to determine the amount of sugar to be added. Make an alcohol test using the combined extract. (See recipe for Guava Jelly under "Guava."*

A. **Colors of Fruits and Vegetables and Their Characteristics.**—Color in food is a very important factor in palatability. The plant colors fall into four principal groups:

1. The green
2. The red and blues
3. The yellows and oranges or red as in tomato
4. The creamy whites

Each of these colors is associated with the presence of one or more distinct chemical compounds.

1. The green is caused by the presence of chlorophyll, a complex organic compound composed of chlorophyll B. This compound is produced by sunshine and is destroyed by being kept in the dark.

2. The red and blue pigments are principally anthocyanins and many of them behave as indicators of the degree of acidity tending to vary from red in very

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[*] Appendix, See Table of Contents.

acid solutions to purple and green less acid or slightly alkaline solutions.

3. The yellow and orange are produced by pigments called carotinoids which include carotenes, xanthophyll, and lycopene. They are associated with chlorophyll wherever they occur.

4. The creamy white or slightly yellow colors caused by yellow pigments called flavones or flavonols. They are intensified in the presence of alkali.

The color of cooked vegetables and fruits is largely controlled by the following factors.

1. Nature of the original pigments and their solubility in the cooking medium.
2. The acidity of the cooking medium.
3. The length of the heating period.
4. The presence of certain metals.

Characteristics of the Color Pigments:

1. *Chlorophyll.*
   a. Almost insoluble in water.
   b. Unstable in the presence of alkalies and heat.
   c. It decomposes in the presence of added acids or those from the plant tissue itself. Some of these acids are volatile and others are non-volatile.
2. *Anthocyanins* — (red and blue).
   a. They are soluble in the plant sap and in added water.
   b. Tend to be red in strongly acid solution, becoming purple and greenish in more neutral and alkaline solutions.
   c. Metal salts from cooking utensils may sift the color towards blue and green.
3. *Carotinoids.*
   a. Like chlorophyll not soluble in water.
   b. Unlike chlorophyll, they are stable against heat, acids and alkali.

4. *Flavones or flavonols.*
    a. Water soluble
    b. Intensified by alkaline media and diminished by acid.
    c. In the presence of iron, they turn into an unpleasant green or brownish hue.

The green color seems to give the most trouble to the housewives. Best method of cooking foods containing chlorophyll are:

1. Volatilizing the acids by cooking the food uncovered.
2. Shortening the time of cooking to a minimum by boiling the water first before adding the vegetable.
3. Using a large amount of water.
4. Avoiding overcooking.

The third factor contradicts the best method of cooking vegetables in order to retain the nutrients. Unless one is operating on a limited budget it is probably better to preserve the color or modify the flavor and sacrifice some of the food value.

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I. AMARGOSO

Description: The fruit is oblong, cylindrical and pointed at both ends, ribbed and wrinkled. Wild forms are from two to three centimeters in length and the cultivated ones, up to at least twenty-five centimeters in length. Leaves are heart shaped at base, 2.5 to 10 centimeters in diameter and cut nearly to the base into 5 to 7 centimeters variously, tooth in lobes. Large flowers occur in the axil of the leaves on long stalks, are yellow with petals about 3.5 to 4 centimeters long. The taste is bitter. The taste may be improved by soaking in salted water after slicing or cutting into pieces or by scalding. Additions of little sugar for seasoning improve its flavor.

Nutritive Value: Both the fruit and the leaves are good source of iron, calcium and phosphorous and has the general characteristics of succulent vegetables. According to Hermano, amargoso is an excellent source of Vitamin B. Other vegetables with bland flavor such as squash, mongo and its sprouts, white squash or upo may be cooked with it. The curly young leaves and tops are often added to sauted corn, mongo and other vegetables.

RECIPES

Sauted Amargoso with Shrimps

1/5 kilo pork,cut into pieces
2 or 3 amargoso
12 medium sized shrimps,
  shelled and sliced
2 cloves garlic, bruised
  (optional)
2 tablespoons fat
4 medium size ripe tomatoes,
  chopped
1 onion, sliced
1 cup shrimp juice from
  pounded heads of shrimps.
2 teaspoons sugar

Slice amargoso thinly crosswise after removing seeds. Shell shrimps, and cut into halves, pound the head. Saute garlic, onions, tomatoes, pork, and shrimps. Add shrimp juice and allow to boil; then drop amargoso. Cook until tender. Season with salt and sugar.

Amargoso with Egg

2 medium size amargoso sliced thin, crosswise
2 well beaten eggs
1 clove garlic, bruised
Salt and pepper to taste
1 onion chopped
2 tablespoon fat
2 ripe tomatoes, chopped

Saute garlic, onion, tomatoes, and amargoso. When cook, add well beaten eggs and stir until the egg is cooked. Season with salt and pepper.

Amargoso with Coconut Milk

1 or 2 big amargoso, sliced
3/4-1 cup coconut milk from one coconut
1 to 2 cups alamang or small shrimps, unshelled
Salt to taste

Boil together coconut milk, alamang or shrimps by stirring constantly to avoid curdling. Five minutes after boiling, add amargoso and allow to boil again until cooked. Season with salt to taste.

Bulanlang

1 small size bangus or mudfish
1 ampalaya (medium) sliced coarsely
3-4 okra or sitao
1 egg plant cut into pieces
1 onion (small size) sliced
3 ripe tomatoes (small) chopped coarsely
Bagoong

Clean, then broil bangus. Cook together slices amargoso, eggplant, okra or beans, onion, tomatoes, with enough water to cook the vegetables. Add 1/2 tablespoons bagoong and the broiled bangus. (The bagoong serves as salt.) Serve hot.

Amargoso and Tuna Fish Salad

2 to 3 amargoso, sliced thin
3 to 4 ripe tomatoes, chopped
1 hard cooked egg
1 cup cooked tuna fish meat
1 chopped onion
French dressing

Squeeze amargoso with salt to remove some of the bitter juice. Add fish meat, tomato and onion. Garnish with slices of hard cooked eggs and serve with French dressing or mayonnaise.

Amargoso with Sotanghon

1/5 kilo pork cut into pieces
1/2 cup shelled shrimps
1 to 2 cups shrimp juice
2 cloves garlic, bruished
1 to 2 medium size amargoso
1 cup sotanghon
1 onion, chopped
2 tablespoons fat

Saute garlic, onion, pork, and shrimp. Add sotanghon previously soaked in water and cut into two-inch lengths. Add shrimp juice and stir until it boils. Then add amargoso. Boil until tender. Season with patis or salt.

Amargoso and Mongo with Pork and Shrimps

1/4 cup sliced pork or
2 red langunisa cut into pieces
1-2 medium size amargoso
1 onion, sliced
3 medium size tomatoes, cut into pieces
1/2 cup shelled shrimps
3/4 cup mongo previously boiled
1 cup shrimp juice
2 cloves garlic, bruished
2 tablespoons fat.

Saute garlic, onion, tomato, pork and shrimps. Add mongo, amargoso and shrimp juice. Cook until amargoso is tender. Season with salt and pepper.

Amargoso with Pork and Tausi

1/5 kilo pork tenderloin
1 can tausi
1/2 cup water
1 tablespoon bread crumbs
3-4 ripe tomatoes, chopped
2 big amargoso, sliced
1 onion, sliced
2 tablespoons fat

Cut pork into small pieces. Saute onion, tomatoes, and sliced pork. Cook a while, then add tausi. When pork is tender add amargoso and water. Cook until amargoso is tender. Thicken with bread crumbs.

Fish Escabeche with Amargoso

1 fish, medium size (torsillo)
3 cloves bruised garlic
1 onion, sliced lengthwise
1 big amargoso, sliced thin
1/2 cup shredded green papaya
1/2-1 cup water
Vinegar, sugar, and salt to taste

Clean and fry fish; saute garlic, onion, amargoso, and papaya. Add water, vinegar, salt and sugar to taste.

Boil until vegetables are slightly tender. Add fried fish before removing from fire.

Amargoso Salad

1 big amargoso, sliced thin
2 ripe tomatoes, sliced or coarsely chopped
2 hard cooked eggs (optional)
1 medium size onion, chopped
Vinegar, sugar and salt to taste

Add salt to amargoso and squeeze to remove part of the bitter taste. Season with vinegar, sugar, and salt and pepper to taste. Arrange in a dish and use the rest of the vegetables and egg for garnishing.

Stuffed Amargoso

1 or 2 amargoso, big size
1/4 kilo pork (ground)
1 ripe tomato (chopped)
2 eggs (beaten slightly)
Salt and pepper
1 onion (chopped)
Fat for frying
1 clove garlic, bruished
1/4 cup bread crumbs, dry (ground)

Boil amargoso for a few minutes. Cut them crosswise about 2 inches long or split into halves. Remove the seeds. Saute garlic, onion, tomato, and pork. Season with salt and pepper. To the cooked mixture, add 1/2 of the bread crumbs, flour and 1 egg slightly beaten. Stuff the amargoso with the cooked mixture. Dip the stuffed amargoso in beaten egg, then in bread crumbs and again in beaten egg. Fry in hot fat or arrange in a baking pan and bake for 15 to 20 minutes in moderate heat. Serve hot.

Pinakbet

2 eggplant medium size
4 ripe tomatoes
1/5 kilo pork with fat (optional)
1 onion, sliced
2 amargoso medium size
1/4 cup bagoong
1 tablespoon fat
1/3 cup water or meat broth

Cut eggplant and amargoso 2 inches long. Split into two lengthwise and remove the seeds. Cut tomatoes and pork into pieces. Saute garlic, onions, tomato and pork. Add bagoong, then the amargoso and eggplant.

Add water or broth and continue cooking until meat and vegetables are tender. Serve hot.

Pork Adobo with Amargoso

1/2 kilo pork, cut into pieces	1 big amargoso, sliced
4 tablespoons bagoong (alamang)	1 head garlic, pounded
3/4 cup vinegar, white	Salt and pepper to taste

Braise pork, add garlic, vinegar, salt, and pepper, stew until quite tender. Add sliced amargoso (seeds removed) and bagoong. Cook until the vegetables and meat are tender.

Sauted Amargoso and Squash

2 medium size amargoso	2 tablespoon fat.
1/5 portion of medium size squash	2 table spoon ground pork
2-3 ripe tomatoes, chopped	1/3 cup shelled shrimps
1 onion sliced	3/4 cup shrimp juice
	Salt and pepper to taste

Split the amargoso, remove the seeds and cut into pieces. Remove the seeds of the squash and slice. Saute onion, shrimps, tomatoes, and pork. Add shrimp juice. When boiling add amargoso and squash. Season with salt and pepper to taste.

Note:—If the squash is green it needs no peeling. Be sure not to overcook the vegetables.

Boiled Amargoso

2 medium size amargoso	2 tablespoons vinegar
2 tablespoons bagong	

Boil the amargoso after removing the seeds. Cut about 2 inches long. Serve with bagoong and vinegar or *buro* (fermented red rice with fish or shrimps).

II. AVOCADO OR ALLIGATOR PEAR

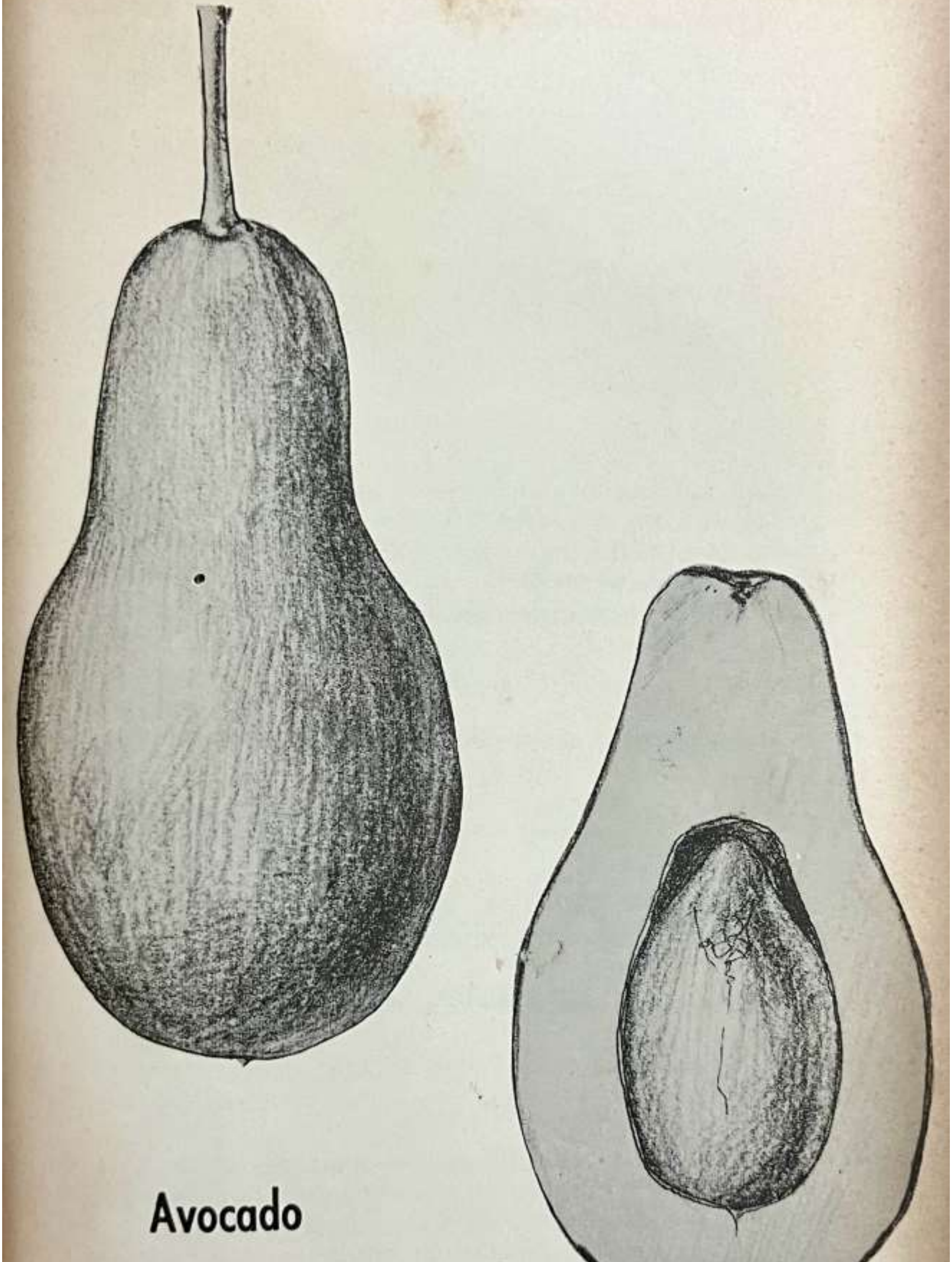
Avocado was first noticed before the Spanish conquest in Ecuador and was carried to the valleys of Cusco. In Peru it is called palta and in most Spanish speaking countries, aquacate, an adaptation of abucate. In Brazil it is abovate. In Jamaica it is known as alligator pear.

It was not until 1900 that the avocado began to attract serious attention in United States. Since then, it has been widely cultivated in California, Florida and Hawaii. It is also grown to some extent in India, the Malay Archipelago and the regions around the Mediterranean.

Horticulturally, avocados are divided into three races namely:

1. *Mexican race*:—Native in Mexico and is characterized by the anise like odor of the leaves and by small thin skinned fruit that is rich in flavor and excellent in quality.
2. *Guatemalan race*:—Native to the high lands of central America, is slightly frost resistant than the Mexican. It produces medium size fruits 8 to 12 ounce, characterized by thin woody skin and a ripening season different from that of the others.
3. *West Indian race*:—Most tropical in character, its cultivation in the United States is limited to Florida. Its fruits are frequently of large size and excellent quality. Natural crossing has taken place among the three races resulting in numerous varieties of mixed characters, some very important commercially. Findings show that the varieties of avocado found in the Philippines are the result of this crossing.

The fruit of the avocado is exceedingly variable in shape, size and color. Some of the Mexican varieties are no longer than the hen's egg while those of other races may attain 1 to 2 pounds in weight. The shape varies from round to pear shape, with a long



Avocado

slender neck; the color, from green to deep purple. The single large seed with two cotyledons is round or conical; between it and the outer skin, which is sometimes no thicker than an apple, is sometimes coarse and woody in texture. Its flesh is greenish or yellowish of buttery consistency and rich nutty flavor, containing in some varieties 25 to 30 percent of oil.

Food Value: No other fruit contains as large a percentage of fat as the avocado. Its water content shows wide variation. Avocados are a poor source of Vitamin A, a fair to poor source of thiamin and a poor source of ascorbic acid.

Uses: At present avocado is used principally as a savory. In addition, its nut-like flavor and creamy consistency, it has been found to blend well with other dishes such as salad, ice-cream, cocktail, etc. It is never cooked because it does not give a good flavor when heated. It acquires an unattractive appearance when cooked.

RECIPES

Frozen Avocado Salad with Mayonnaise

2 avocados
4 tablespoons lemon or calamansi juice
Salt
Mayonnaise
Lettuce

Peel avocados and cut into halves, lengthwise, and remove seeds. Sprinkle with salt and lemon juice. Fill centers with mayonnaise and serve on lettuce bedding.

Avocado Fruit Salad

3 avocados
1 cup pineapple cubes
1 cup grapes, cut into halves
2 oranges, peeled and cut into pieces
Boiled dressing
Lettuce leaves

Cut avocados into halves, lengthwise, and scoop out pulp with a French vegetable cutter. Save shells. Combine with other fruits. Fill avocado shells and serve on lettuce. Use cream, or mayonnaise, or boiled dressing.

Avocado Ice Candy

1 avocado (small), mashed
1 can evaporated milk, chilled
1/2 cup sugar
1/2 teaspoon salt

Beat the chilled evaporated milk until thick adding sugar and salt, while beating constantly. Add the mashed avocado and put in ice trays. Chill until frozen.

Avocado Salad

1 or 2 avocado
Boiled dressing
Lettuce leaves

Cut avocado in six pieces, giving wedge shaped sections and if too large, cut each section lengthwise. Peel and arrange wedges on lettuce leaves. French dressing or mayonnaise may be added.

Chayote, Carrot and Avocado Salad

1½ cups cooked diced carrot
1½ cups cooked diced chayote
1½ cups diced avocado
French dressing
Lettuce leaves

Cover salad plate with shredded lettuce. Pile chayote in center; surround with a ring of carrots and ring of avocado. Serve with French dressing or mayonnaise.

Avocado Ring Salad

1 avocado
1 tablespoon calamansi juice
Salt
Watercress or lettuce
2 cups mango balls or cubes
1/2 cup mayonnaise

Cut avocado crosswise into halves and remove seed. Slice rings from each half and peel. Sprinkle with lemon juice and salt; arrange on watercress or lettuce and fill rings with mango balls. Serve with mayonnaise.

Avocado Cucumber Salad

1 large cubed avocado
1 cup diced cucumber
Tomato, sliced
Lettuce leaves
Chopped nuts
Mayonnaise dressing

Cube one large peeled avocado. Mix with one cup diced cucumber. Serve on top of a large sliced tomato on a bed of lettuce. Sprinkle with chopped nuts and serve with mayonnaise.

Avocado and Tomato Salad

1 avocado
Sliced tomato
Lettuce leaves
French dressing
Sliced cucumber
Cucumber mayonnaise

Arrange lengthwise sections of peeled avocado and tomatoes on a bed of lettuce. Top with cucumber mayonnaise dressing. For individual salads, top a ring of avocado with a slice of peeled tomato and a slice of cucumber.

(Cucumber mayonnaise: Fold 1/3 cup finely sliced and drained cucumber into 2/3 cup mayonnaise.)

Avocado-Apple Salad

2 cups diced avocado
2 cups diced unpeeled red apples
French dressing
Lettuce leaves
Tomatoes

Combine two cups of diced avocado and two cups diced, unpeeled apples. Toss together lightly. Marinate in French dressing. Keep in refrigerator until ready to serve. Serve on lettuce leaves, and garnish with tomatoes.

Creamed Alligator

1 medium size avocado
1 can evaporated milk
1/3 cup sugar

Scrape the avocado. Add the evaporated milk and sugar. Mix and chill. Serve.

Seafoam Salad

1 package Knox gelatin
1 cup hot water
1/2 cup mayonnaise
1 cup mashed avocado
1/2 cup cream, whipped
Mashed banana, crushed pineapple and chopped roasted peanuts
Lemon juice
Salt

Dissolved the gelatin in 2 tablespoons water. Add hot water and lemon juice. Chill. When it begins to congeal, fold in mayonnaise, avocado, banana, pineapple, peanuts, and whipped cream blended together. Pour into molds and chill until firm. Unmold and serve.

Egg-Avocado Lemonade

1 egg beaten
3 tablespoons lemon juice
3 table spoons sugar
1 tablespoons mashed avocado

Combine chilled ingredients and shake or beat thoroughly. Serve.

Avocado Omelet

2 eggs, separated
3 tablespoons milk
1/2 cup avocado (cut into cubes)
1 tablespoons salt
1/4 tablespoon onion, minced
Butter

Combine egg yolks and milk. Season to taste with salt, pepper and onion. Beat egg white until stiff. Then add to egg yolk and milk. Place in buttered frying pan over slow fire. While eggs are set but soft, add avocado. Serve while hot.

Avocado Spread

1 avocado
1 tablespoon minced onion
1/2 clove garlic, minced
1 teaspoon salt
1/4 teaspoon pepper
Butter

Cut the avocado in half, lengthwise. Remove seed and scoop out the pulp keeping the shells intact. Mash and blend the pulp with other ingredients. Refill the shells. Serve with crackers. Add a little lemon juice if desired.

III. BAMBOO SHOOT

Description: Bamboos are tree-like with woody stems. The stems spring from an underground root stock and are often crowded to form dense clumps. The largest species reach 120 feet in height. The slender stems which are hollow and grass like have well marked joints or nodes at which the cavity is closed by a strong diaphragm. The branches are numerous and in some species spiny; they are narrow and often short. The leaf blade is usually jointed at the base and has a short stalk by which it is attached to the long sheath. The bamboo appears to be a fast growing plant.

There are two common varieties of bamboo:

1. One is nearly solid, slightly slender, and has few twigs and leaves on the lower part of the stem.

2. The other is hollow and thin-walled and is slightly larger in diameter on the stem.

Food Value: Bamboo shoot is a fair source of calcium and phosphorus. It contains very little protein and digestible carbohydrates. It is a good source of roughage.

Uses: The soft and succulent bamboo shoot, when beginning to spring, is cut and served at the table like asparagus. Like root vegetables, they are earthed over to keep them longer for consumption and they afford a continuous supply the whole year round. They are also salted and eaten with rice, prepared in the form of pickles, or they are dried and preserved in sugar.

Shredded bamboo shoots are sold in the market ready to cook. When they are obtained unshredded, they have to be prepared as follows: Remove the tough covering of the shoot. Slice or shred the tender part. Parboil, then drain ready for cooking.

Sauted Bamboo Shoot with Shrimps

- 2 cups shredded bamboo shoot
- 10-15 shrimps, shelled and sliced
- 4 tomatoes, chopped
- 4 tablespoons fat
- 1 onion, sliced
- 2 cloves garlic, bruished
- 1 tablespoon salt
- 1/2 cup water or shrimp juice

Saute the garlic until brown. Add the onion and the tomatoes and cook awhile. Add the shrimps; then the bamboo shoot. When half done, add the shrimp juice. Continue cooking until done. Season with salt and pepper before serving or add a little vetsin.

Pickled Bamboo Shoot

- 1 cup bamboo shoot
- 1 cup vinegar
- 4 big peppers (green and red) cut into strips
- 4 cloves garlic, sliced
- 4 tablespoons sugar
- 2 tablespoons salt
- 10 onions, native
- 1 cubic centimeter ginger, crushed or cut into strips

Scald the bamboo shoot. Blanch the pepper, garlic and onions. Boil the vinegar, salt, ginger, and sugar. Remove from the fire and drop in the bamboo shoot with the condiments. Allow to cool. Transfer to sterilized jars. Let is stand for two or three days before serving. Serve with meat or fish as a relish.

Bamboo Shoot Candy

- 1 cup bamboo shoot
- 1 cup water
- 1 teaspoon calamansi juice
- 1 calamansi skin, chopped fine
- 1½ cup sugar

Make a syrup of sugar and water by boiling. Drop in the bamboo shoot. Later add the calamansi juice and rind. Continue cooking until the syrup spins thread. Remove from the fire and drop on a greased enamel plate by tablespoon. Serve when cold as dessert.

Bamboo Shoot Lumpia

10 medium size shrimps, shelled and cut into pieces
2 cups bamboo shoots, shredded
1 sausage (Chinese), sliced
1/2 cup carrots, sliced and cut into strips
1/2 cup chopped pork meat
2 cloves garlic, bruised
1 onion, sliced
4 tablespoons fat
10 pieces string beans,sliced
Salt and pepper to taste
15-20 lumpia wrappers

Saute garlic, onion, shrimps, sausage, and the pork meat. Add the bamboo shoot, carrots, and string beans. Boil until vegetables are tender. Remove from the fire and season with salt and pepper. Allow to cool a little. Wrap a portion at a time in lumpia wrappers. Fry and serve with sweet sour sauce or vinegar and garlic dressing.

Bamboo Shoot with Ground Meat Soup

1 cup bamboo shoot, shredded
1/2 cup ground meat
2 tablespoons patis
2 cloves garlic, bruished
1 onion, chopped
2 to 3 cups meat broth or water
1 teaspoon vetsin

Saute garlic and when brown, add onion. Add ground meat and bamboo shoot. Add broth and cook until bamboo shoot and meat are tender. Season with patis, vetsin and pepper. Serve hot.

Bamboo Shoot Omelet

1 cup shredded bamboo shoot
1/8 kilo pork, coarsely chopped
1 teaspoon salt
1 onion, chopped
1/8 teaspoon pepper
2 cloves garlic, bruised
1 tablespoons fat
2 eggs

Saute garlic, onion, pork, and bamboo shoot. Season with salt and pepper. Remove from the fire. Beat the eggs well and pour them in a heated frying pan with a little fat. Drop sauted bamboo shoot in half the portion of the egg omelet. Fold over the other portion to enclose the filling. When done remove from heat and serve with catsup.

Bamboo Shoot with Smoked Fish and Coconut Milk

1/2 cup rich coconut milk
1 cup bamboo shoot, shredded
1 small onion
1 smoked fish (tinapa)
1¼ cup diluted coconut milk
Salt and pepper to taste

Boil bamboo shoot in the diluted coconut milk. When half done add fish and rich milk. Allow to cook for one or two minutes more. Season and serve hot.

Bamboo Shoot with Bagoong, Dried Shrimps and Coconut Milk

1 cup bamboo shoot, shredded
2 tablespoons bagoong
1/4 cup dried shrimps (hevi)
1½ cups diluted coconut milk
1/2 cup rich coconut milk
Salt to taste

Boil bamboo shoot, bagoong, and shrimps in diluted coconut milk. Add onion and the rich coconut milk. Cook again. Serve hot.

Paklay

1 clove garlic, bruised
1 onion, minced
3 ripe tomatoes, chopped
1/2 cup shrimps shelled
1 cup pineapple chunk
1 teaspoon salt
1/4 cup toyo
2½ cups bamboo shoot,
shredded
10 camias, sliced
1/4 kilo pork, previously cooked

Saute garlic, onions, tomatoes. Add shrimps, pineapple, and camias. Then add sliced pork. Lastly add bamboo shoot and continue cooking until done. Season with patis or toyo.

Chopsuey

1 young chicken, dressed
and cut into pieces
1 cup bamboo shoot, shredded
1 small head cabbage, cut
into pieces
1 bunch celery, cut into pieces
1/2 cup sliced carrots
1 cup sliced chayote (a small one)
2 tablespoons fat
1 centimeter cube ginger,
pared and cut into strips
1 onion, sliced
1 tablespoon cornstarch
1/4 kilo pork, sliced (optional)

Saute garlic, onions, ginger. Add chicken and pork. Add vegetables. Stir in one cup stock. Thicken broth with cornstarch. Season with soy sauce before serving.

Bamboo Shoot with Saluyot

1 cup bamboo shoot,
1 tablespoons fat
1 to 2 tablespoons bagoong
2 bundles saluyot (leaves only)
1 or 2 sliced broiled fish

Scald bamboo shoot. Put ½ cup water in a sauce pan and when boiling, add the strained bagoong. Add the bamboo shoot and the fish. Lastly add the saluyot. After five minutes cooking, remove from the fire and serve hot.

Fresh Lumpia

1 small carrot, cut into strips
3 potatoes, pared and cut into cubes or strips
10 to 12 string beans, sliced
1/4 kilo shrimps, shelled and cut into pieces
2 cups grated bamboo shoot
1/4 cup shrimps juice
2 cloves garlic, bruised
1 onion, sliced
1/4 kilo pork, cut into pieces
15-20 lettuce leaves
15-20 lumpia wrappers

Saute garlic, onions, shrimp, and pork. Add potatoes, beans, carrots, and bamboo shoot and celery. Add shrimp juice. Boil until all the vegetables are cooked. Wrap in lumpia wrappers lined with a lettuce leaf. Serve with lumpia sauce.

Lumpia Sauce

1½ cup water
3-4 tablespoons cornstarch
1/4 cup toyo
1/3 cup brown sugar

Boil toyo, water and sugar. When boiling add cornstarch dissolved in cold water. Stir while cooking until thick. Add 2 cloves pounded garlic.

Bamboo Shoot with Beef

1 cup grated bamboo shoot
1/4 kilo ground beef
1/2 onion, chopped
2 tomatoes, chopped
2 cloves garlic, bruised
2 tablespoons fat

Saute garlic, onion and tomatoes. Add ground beef and bamboo shoot. Add water. Bring to a boil and simmer until the meat is tender. Season to taste with salt, pepper and vetsin.

Bamboo Shoot with Sprouted Mongo

2 cups grated bamboo shoot
2 cloves garlic
1 small onion
1/2 cup shelled shrimps
1 cup sprouted mongo
1/4 kilo ground pork

Saute garlic, onion, pork and shrimp. Add bamboo shoot and sprouted mongo. Add shrimp juice and cook until done. Season with salt, pepper, and vetsin.

Bamboo Shoot Ukoy

1 cup grated bamboo shoot
1/2 cup cornstarch
1/2 cup flour
3/4 cup water or shrimp juice
1 bunch green onion, cut into pieces
Fat for frying
Boiled or dried shrimps
Salt and pepper to taste

Dissolve cornstarch and flour in water or shrimp juice. Then add bamboo shoot, onion, salt and pepper to taste. Drop by spoonful in deep fat, at the same time putting one or two shrimps on top. Fry until brown. Serve with a mixture of vinegar, salt, and garlic.

Bamboo Shoot Salad

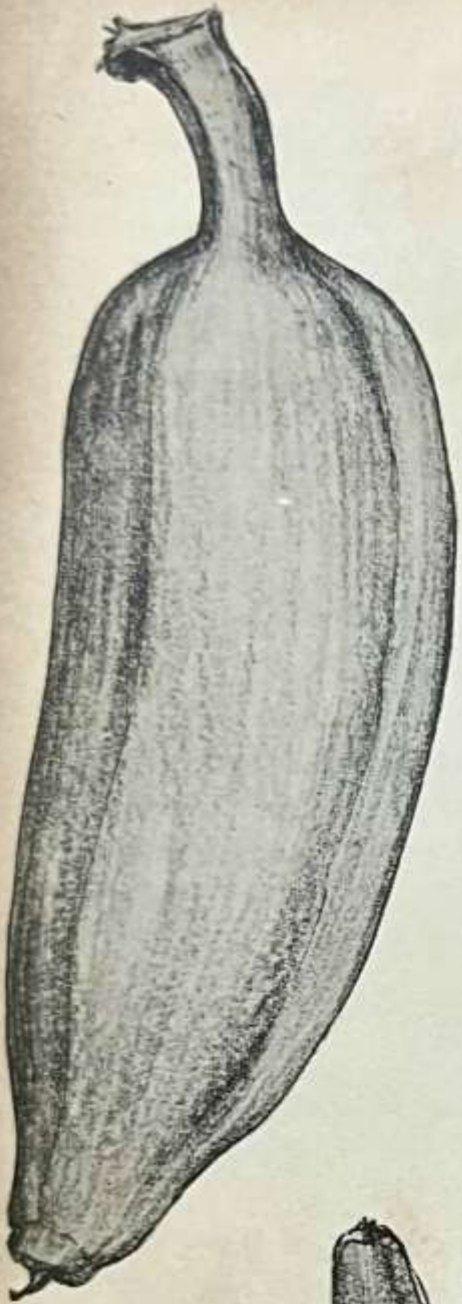
1 cup shredded bamboo shoot
1-2 ripe tomatoes
1 onion
1 egg, hard boiled
2 tablespoons vinegar
Salt, pepper, and sugar to taste

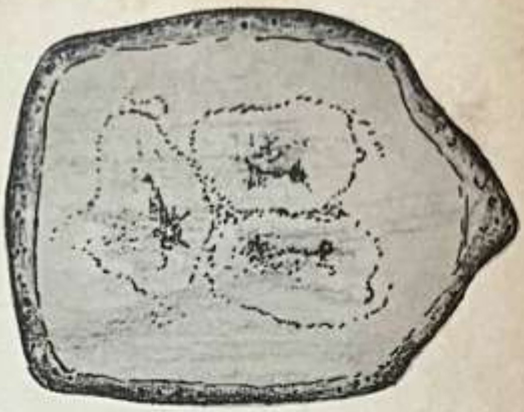
Boil bamboo shoot. Drain and transfer to a plate. Garnish with sliced tomatoes, onions, and hard cooked eggs. Pour over dressing made of vinegar, salt, sugar and pepper to taste.

Bamboo Shoot Kilawin

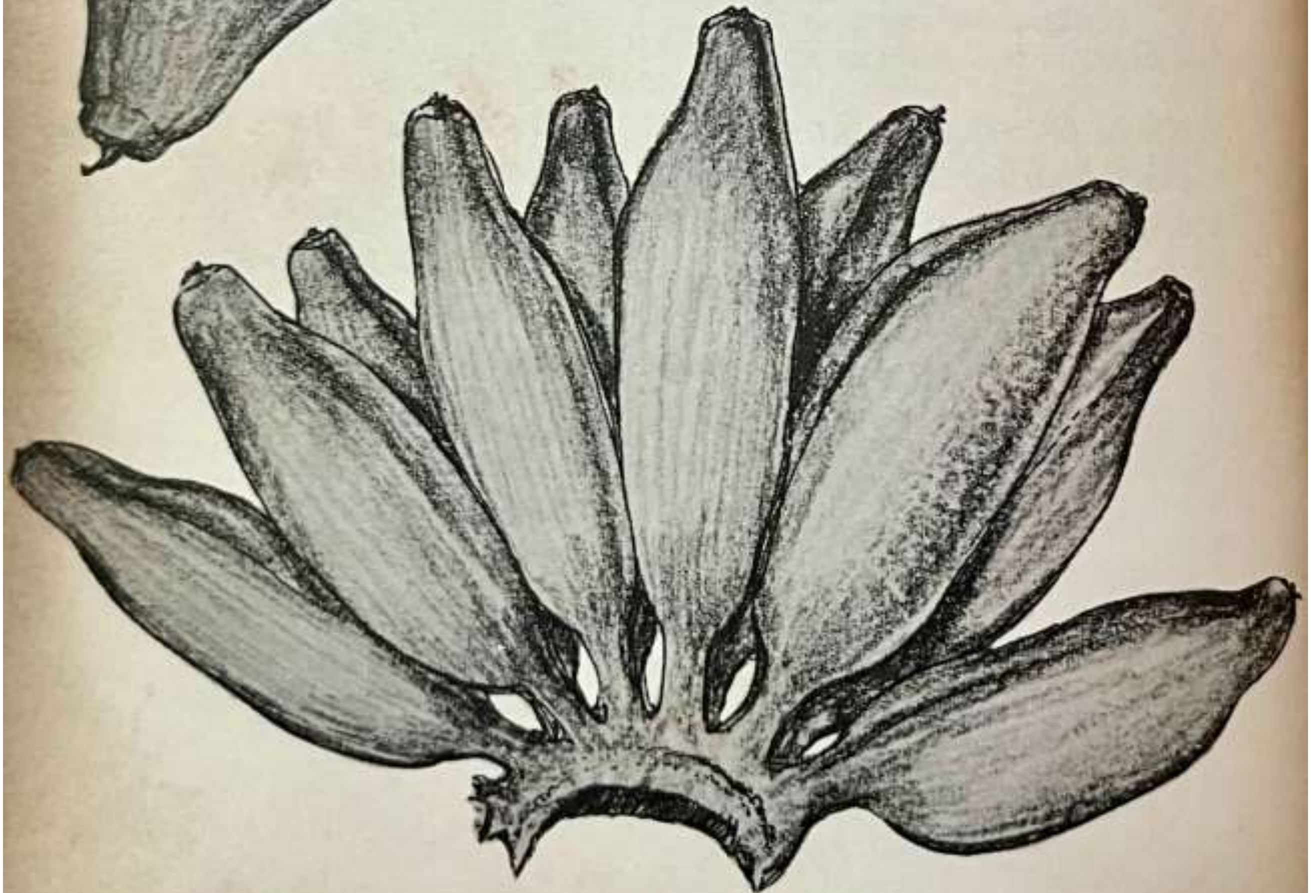
15-20 shrimps (medium size)
2 cups grated bamboo shoot
2 cloves garlic, pounded
1 onion, chopped
1/3 cup vinegar or enough to suite taste
Salt and pepper to taste

Mix all ingredients except the vinegar. Boil until tender; then add the vinegar and boil for a minute or two. Serve hot or cold.





Banana



IV. BANANAS

History: The early history of banana is closely interwoven with Eastern mythology. The legend that the serpent which tempted Eve in the garden of Eden (Paradise) hid in a bunch of banana influenced the classifiers to name the fruit *Musa Paradisiaca* (fruit of Paradise) and *Musa Sapientum* (fruit of knowledge). The fact that the fruit was called apple of paradise or Adam's fig before the word "banana" was adopted from an African Congo tribe also illustrates its connection with ancient mythology. The word "banana" seems to have been used originally for only those varieties which were eaten raw and the term "plantain" for those which were eaten only after cooking. At present, there is no clear distinction between the two varieties.

Description: The yellow cylindrical fruit, with the tough peel that acts as a prophylactic cover for the enclosed pulp, is a common sight in most parts of the world. Bananas grow in bunches consisting of a number of clusters called hands, each of which contains from 5 to 20 bananas.

Banana is one of the most widely and commonly grown fruits in the Philippines. Besides being economical, wholesome, and appetizing, it is available for domestic use at all times of the year. It is said that the particular value of banana fruit to human diet is to provide succulent and easily digested food. In the half ripe stage, only half to one third of the total carbohydrates may be present in the form of starch. In many varieties of fully ripe bananas, if the yellow skin is flecked with brown spots or is entirely brown, almost no starch remains and practically all the carbohydrates are in the form of sugar.

Unripe bananas may cause digestive disturbances, but in the fully ripe stage, they are readily digestible.

Because cold prevents proper ripening, bananas should not be placed in a refrigerator until after fully ripe. Fully ripe bananas are superior in flavor to half-ripe ones.

In its stem, flowers, and fruits, the banana is practically like the abaca, except that in all the finer varieties of banana the seeds are reduced to mere specks. In some varieties, however, as in one called "latundan" in Manila, a few large seeds are sometimes found.

Three Stages of Ripening—

1. *Yellow with green tip*:—The peel of the banana acts as a color guide to tell us when the fruit is ripe. When the peel is yellow, except for slight green tip, the pulp is firm and somewhat starchy. At this particularly ripe stage, bananas either should be left at comfortable room temperature to become completely ripe or should be cooked.

2. *Yellow ripe*:—In the next stage, yellow ripe, the peel is all yellow and most of the starch has become sugar. The fruit has a better flavor than in the first stage.

3. *Yellow ripe with brown flecks*:—At this fully ripe stage, practically all the starch has been converted into sugar, and the flavor has developed to its highest delicacy. The pulp is mellow and is thoroughly digestible.

Varieties: There are many varieties of banana found in the islands. The most common are the following: (Known locally as)

"Latundan" —White meat with yellow skin when ripe.
"Bungulan" —Yellowish meat with green skin.
"Gloria" —Like lakatan but with a very strong banana flavor.
"Señorita" —Like tiny lakatan but very sweet.
"Murado" —Pinkish meat with maroonish skin.
"Saba" —Not round in cross-section with yellow skin.

"Butuhan"	—Yellow bananas with seeds.
"Cardaba"	—Large "Saba."
"Tindoc"	—Pigmy banana plant, the fruit touching the ground
"Turankog"	—Small variety of "Saba."
"Arnibal"	—Reddish skin with an oval shape.

The variety most commonly found in the market is the "Latundan."

Uses of Bananas: For young people, bananas supply easily assimilable fruit sugar and mild laxative. Bananas with their easily assimilated fruit sugars are a source of both quick and prolonged food-energy, and especially recommended and approved for athletes and because of their low fat content and satiety value, are recommended by physicians for weight-reducing diets. Fully ripe bananas are especially good for elderly people because the fruit is easily chewed and easily digested. The fruit is a good source of carbohydrates but not of protein.

The banana plant supplies more food-energy than fruits. The flowering inflorescence of the bud of Saba and Butuan are extensively used as food and are commonly sold as vegetables. With dressing, it is very good as a salad. The younger stalk of butuan is often eaten before the tree produces fruit. When boiled, it makes an excellent vegetable. Banana stocks have the general characteristics of a succulent vegetable.

The rootstock when tender is good for making pickles similar to coconut "ubud." When shredded the rootstock may be make into fritters (maruya) and when cut into strips may be mixed with other vegetables for making "lumpia."

The fully ripe banana, mashed and strained, is now recognized as one of the first solid foods which may be safely introduced into an infant's diet and is prescribed by many pediatricians. It was one of the first solid foods given to the famous Dionne quintuplets.

Fully ripe banana is of particular value when the sugar is taken out of the baby's formula and he is given his first whole milk. The calories previously received in the sugar are thus replaced by the equivalent food energy found in the banana. Many worried mothers have been delighted to see thin and undernourished little bodies become round and plump when ripe bananas were added to the baby's diet.

Bananas may be divided into two general classes—the cooking banana (more palatable after cooking) and the eating banana, which is usually used raw but may be cooked also. Cooked ripe or green bananas may be served as a starchy vegetable in place of potatoes, white or sweet. They are a favorite breakfast item or dessert and may be used in fruit cocktails, salads, pies, cake fillings, puddings, ice creams and many others.

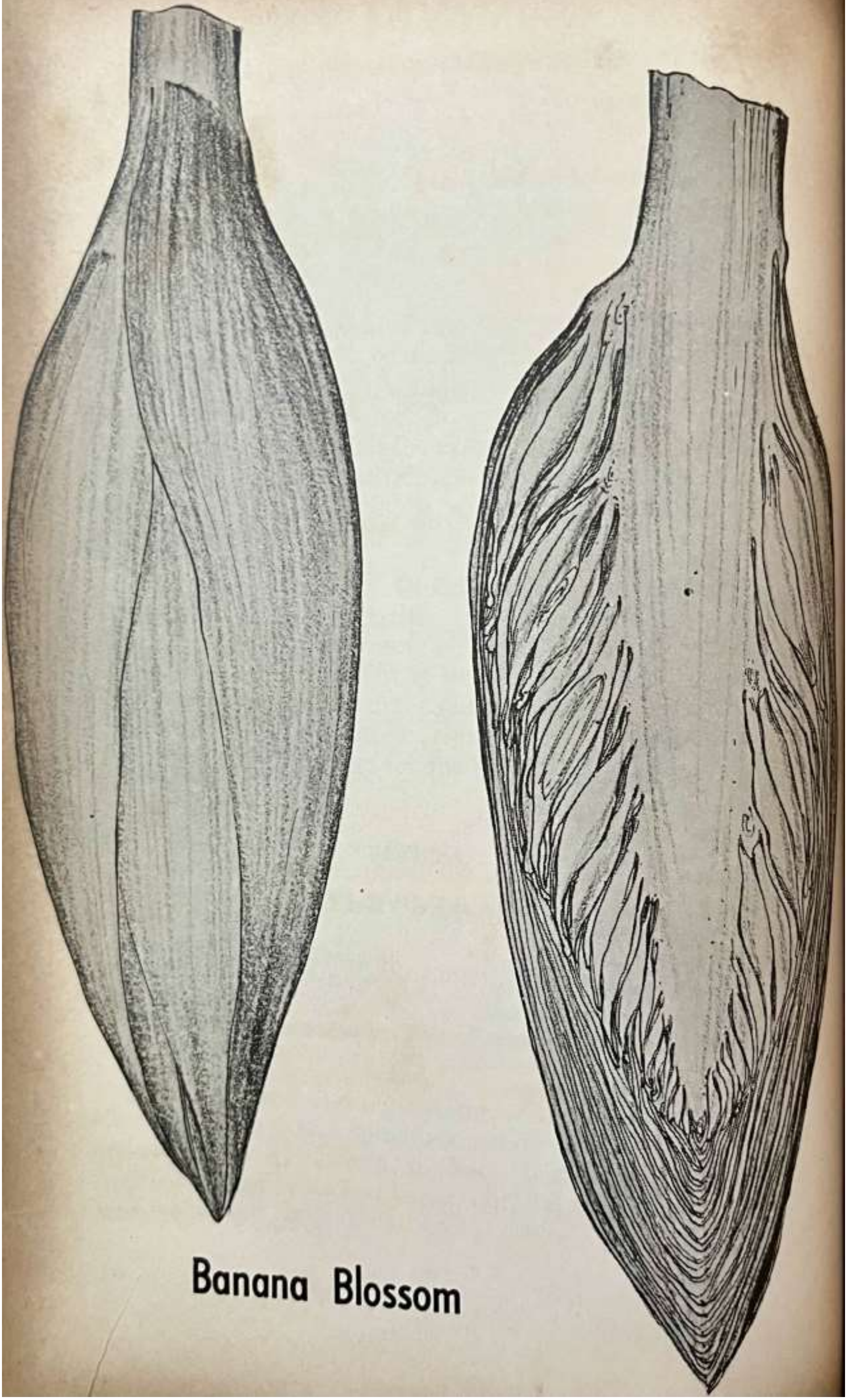
For Malnourished Children: When fully ripe, the banana is a most valuable, yet relatively inexpensive, addition to the diet of young children, particularly those for whom a gain in weight is desired. Because of their calorie value and easy digestibility, coupled with their vitamin and mineral contents, ripe bananas are often given as supplementary lunches for malnourished children.

RECIPES

Fish Sinigang

1 medium size fish (bangus) clean and cut into convenient sizes.
2 tomatoes cut into quarters
6 pods tamarind
1 banana bud (saba) cut into quarters, use only the tender part.
Green onion cut into quarters

Boil tamarind in 4 cups water. Mash tamarind, extract the juice. Add tomatoes, onions, and banana bud to boiling water. When mixture boils, drop bangus. Add tamarind juice when banana bud is tender. Season with salt. Boil until done.



Banana Blossom

Plain Boiled Green Bananas

6 bananas, green	Sugar
1 cup grated coconut	

Boil green bananas. When cooked peel and slice. Serve with sugar and grated coconut.

Banana Chips

6 green bananas (saba)	2 tablespoons sugar
1 teaspoon salt	

Peel bananas and slice very thin. Do not soak in water. Sprinkle with salt and sugar. Fry in deep, hot fat until brown and crisp.

Fried Bananas

6 bananas (ripe saba)	1/2 cup sugar

Fry bananas which were cut in thirds, lengthwise Sprinkle sugar over and serve as dessert. Serve without sugar, with meat or fish as vegetable.

Scorched Bananas

6 over-riped bananas	A pinch of salt
1/2 cup sugar	

Peel, mash bananas and cook over slow fire stirring until thick. Mold in plates. Sprinkle sugar and salt on top and scorch with red hot turner until all sugar is caramelized. Serve as dessert.

Banana Blossom Omelet

2 cloves garlic, chopped fine	1 teaspoon salt
4 tablespoons onions, minced	2 eggs, separated
4 tablespoons boiled crab meat	Pepper to taste
1 cup banana blossom (salted and blanched)	

Saute garlic, onion, and crab meat. Add banana blossoms. Season with salt and pepper. Set aside to cool. Beat egg whites until stiff, add egg yolks and beat again. Pour in greased hot frying pan. Place on one side the sauted mixture. When bottom of egg omelet is golden brown, fold over the other side and turn to cook both sides evenly. Serve hot with catsup.

Baked Bananas

6 ripe bananas
Salt to taste
2 tablespoons melted butter or margarine

Peel bananas and place in greased or oiled baking pan. Brush with butter and sprinkle little salt. Bake in moderately hot oven (375°F) for 15-18 minutes or until tender. Serve hot as a vegetable or as dessert with cream, lemon sauce or vanilla sauce.

Banana with Syrup

2 cups sugar (brown)
1 cup water
8 ripe bananas, saba (sliced or whole)

Make syrup and drop bananas; let boil until cooked. Serve as dessert.

Banana-Carrot with Peanut Salad

1 cup grated carrots
1/2 cup ground peanuts
1 cup diced ripe bananas
1/2 tablespoon grated onions
1/4 teaspoon salt
1/4 cup mayonnaise
1 tomato cut into thin wedges

Combine carrots, peanuts, bananas, onions, salt, and mayonnaise. Garnish with tomatoes. Serve on lettuce leaves.

Banana Blossom Relish

1 cup sliced banana blossom, work in salt and blanch.
2 teaspoons red hot pepper
1 tablespoon green-sweet pepper
2 tablespoon brown sugar
1 tablespoon native onion, chopped
1/2 cup vinegar
2 teaspoons salt
2 pieces cloves

Mix all ingredients except banana blossom and boil 10 minutes. Add banana blossom and cook a few minutes longer. Let stand to cool. Remove cloves. Serve with any meat dish

Banana Blossom Kilawin

2 banana blossoms
1 cup shelled shrimps
6 cloves bruised garlic,
1 onion (sliced)
4 tablespoons fat
1 to 2 cups shrimps juice
Vinegar, salt and pepper to taste

Remove the tough part of the blossom. Slice thin (crosswise). Squeeze with salt and then rinse. Mix the shrimp and sliced onion. Saute garlic and add the blossom and shrimp mixture Turn over constantly until tender. Pour the shrimp juice and stir while boiling. Add vinegar and season with salt and pepper. Serve hot.

Banana Blossom Kilawin with Coconut Milk

2 banana blossoms
1 cup shelled shrimps
2 cloves minced garlic
1 onion, sliced
4 tablespoons fat
1 cup shrimp juice
1/2 cup rich coconut milk
Vinegar, salt and pepper to taste.

Remove the outer covering of the blossom. Slice the hearts thin, crosswise; salt and squeese out the juice and rinse with water. Mix the shrimps and onion. Saute garlic and shrimp mixture. Add banana blossom and cook until tender. Add vinegar. Pour in the shrimp liquor and sitr to prevent from curdling. Add seasoning, and just before removing from fire, add coconut milk.

Banana Blossom Salad

1 cup banana blossom, sliced (worked in salt and blanched)
4 tablespoons vinegar
2 teaspoons salt
1 tablespoon sugar
4 tablespoons coconut cream
1 tablespoon finely chopped onion
1/8 teaspoon pepper
1 small piece of ginger (pounded)

Squeeze water out of the blanched banana blossom. Add onions, ginger; then marinate with a mixture of vinegar, salt, sugar and ginger. Set aside for at least 10 minutes. Drain well and add 2 tablespoons coconut cream and mix well. Transfer to a salad dish and pour on top remaining coconut cream just before serving.

Cream Banana

1 banana (lakatan or latundan)
1 tablespoon sugar
1/2 cup milk

Peel banana and cut crosswise into half inch pieces. Pour milk and sugar mixture over the pieces and chill before serving.

Banana Salad with Peanut

2 bananas, sliced crosswise (lakatan or latundan)
2 tablespoons chopped peanuts
1 tablespoon mayonnaise dressing

Mix sliced bananas, peanuts, and mayonnaise dressing. Serve on lettuce leaves.

Banana Rolls

3 medium sized saba bananas
2 tablespoons linga (sesame), optional
3 tablespoons sugar
6 lumpia wrappers

Cut banana into long, thin strips. Place a few pieces on one half of the lumpia wrapper. Sprinkle with sugar and linga and wrap neatly. Fry in deep fat, until brown and crisp. Serve as dessert.

Banana Jam

2 cups mashed boiled saba bananas
3/4 cup sugar
1/4 cup milk
1 teaspoon salt

Mix ingredients thoroughly together. Cook over a moderate fire. Continue stirring the mixture until thick. Serve as dessert.

Banana Coconut Salad

6 ripe lakatan bananas
3/4 cup coconut cream, whipped
2 tablespoons sugar
A pinch of salt

Cut banana lengthwise. Roll in grated coconut and sprinkle with sugar previously sifted with salt. Pour whipped cream or use 2 stiffly beaten egg whites to which is added a pinch of salt and 1 tablespoon sugar.

Lakatan Banana Pudding

4 ripe bananas (lakatan)
3/4 cup milk evaporated, or coconut milk
2 eggs
3/4 cup sugar
2 tablespoons raisins
1 cup breadcrumbs

Dilute milk with 1/2 cup water, if evaporated milk is used. Add sugar, breadcrumbs, raisins and 2 bananas cut in cubes. Beat eggs slightly. Add to the mixture. Pour into a mold lined with caramelized sugar and with the remaining bananas arranged to form flower design. Steam 45 minutes. Serve with thick syrup if desired.

Banana Tea Bread

1-3/4 cups sifted all-purpose flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoons salt
1/3 cup shortening
2/3 cup granulated sugar
2 eggs, well beaten
1 cup mashed, ripe bananas (2-3) bananas

Sift together flour, baking powder, soda, and salt. Work shortening with spoon until fluffy and creamy; add sugar gradually, continue to work with spoon, until light. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition. Turn into greased loaf pan (9" x 5" x 3"). Bake in moderate oven at (350°F) for one hour, or until done. 1/2 cup chopped walnut or 1 cup chopped dates may be added.

Sauted Bananas

2 tablespoons butter or margarine, or fat, or salad oil
Salt and pepper to taste
6 firm, ripe bananas
2 tablespoons lemon juice

Peel and cut bananas crosswise; brush with lemon juice. Saute bananas until brown and tender, turning them once. Sprinkle with salt and pepper. Serve hot with meat or fish.

Banana Milk Shake

1 very ripe eating banana
1 cup fresh or diluted
  evaporated milk
1/4 teaspoon vanilla
1/8 teaspoon salt

Choose banana with skin flecked with brown spots or entirely brown. Peel and press through coarse sieve. Add other ingredients gradually, stirring with fork until well mixed. Chill thoroughly, shake in fruit jar, serve in tall glass. For variety, add 3 tablespoons guava juice and 1 tablespoon sugar.

Carpic Banana Blossoms

1 banana blossom
2 cloves garlic, minced
1 onion (chopped fine)
2 tomatoes (chopped fine)
1/2 cup water
2 eggs (well beaten)
½ cup pork, cut into pieces
1 large potato, diced
  Salt to taste

Select tender part of banana blossom. Slice thinly and soak in rice water and squeeze. Saute garlic, onion, tomatoes, pork, and potatoes. Add banana blossom. Add water and salt. Allow to boil and cook until tender. Remove from fire and add well beaten eggs.

Banana Meat Loaf

1 pound ground beef
1 tablespoon chopped onion
1 tablespoon salt
1/4 teaspoon pepper
1 cup soft bread crumbs
1 cup mashed banana
1/2 teaspoon dry mustard
  (optional)

Mix together meat, onion, salt, pepper and bread crumbs. Combine bananas and mustard. Add to meat mixture and mix well. Form mixture into loaf and place in well greased baking pan. Bake in moderate oven about 1 hour. Serve in slices with sauce (Catsup).

Banana Coconut Rolls

6 firm ripe bananas
2 tablespoons melted butter
2 tablespoons lemon juice
1/4 cup shredded coconut

Peel bananas and brush thoroughly with butter, then with lemon juice. Cut bananas in half, crosswise. Place in well buttered baking pan, and sprinkle with coconut. Bake in moderate oven (375°F) for 15-20 minutes or until bananas are tender and coconut is brown. Serve hot with hot lemon sauce.

Banana Butter Spread

1 cup ripe banana	4 tablespoons lemon juice
2 tablespoons butter	1 egg
1 cup sugar	

Peel and press bananas through sieve. Add butter, sugar, lemon juice and egg. Cook over hot water for 5 minutes, or until thick as custard. Use for sandwich or cake filling. This recipe makes sufficient filling for a two-layer cake.

Banana and Nut Salad

3 large or 6 small ripe banana	1/3 cup chopped nuts
1/4 cup lemon juice	3/4 cup mayonnaise

Peel and cut bananas in halves, lengthwise. Roll in lemon juice, then in nuts, and place on lettuce leaves. Pour mayonnaise over and serve.

Banana Blossom, Paella Style

1 cup banana blossom (sliced thin squeezed with salt and rinsed)	2 cloves garlic (pounded) Achuete for coloring 1 tablespoon salt
1/2 cup shelled clams (boiled)	2 cups rice (cooked)
1 cup pork, cut in strips	1 bay leaf
2 onions, sliced fine	Dash of pepper
1/2 cup shelled shrimps,	2 tablespoons fat

Saute garlic, onion, pork and shrimps. Add banana blossoms and clam broth. Season with salt and pepper. Add the cooked rice, achuete-water and bay leaf. Cook until rice is quite dry, stirring now and then. Serve in a platter and garnish with shrimps, clams, slices of hard boiled egg and a few pieces of the tender part of banana blossom.

Banana Cake

2 cup all purpose flour
5 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
1 cup fat (butter or margarine)
2 cups sugar
4 eggs, well beaten
2 cups bananas (mashed)
1/2 cup milk
2 teaspoons vanilla

Sift together flour, baking powder, soda and salt. Cream fat; add sugar gradually. Continue creaming until light and fluffy. Add eggs and beat well. Add flour mixture alternately with mashed bananas, a small amount at a time, beating after each addition until smooth. Pour into one large or two small well-greased loaf pans and bake in moderate over (375°F) about 1 hour or until done. Frost with banana butter frosting or any desired frosting. Just before serving garnish, with slices of bananas if desired.

Banana-Guava Nectar

4 medium-sized ripe bananas
1 cup canned guava juice
1 cup water
2/3 cup sugar or 6 tablespoons sugar and 1/4 cup honey

Peel bananas, slice, and force through coarse sieve. Combine with other ingredients, pour over cracked ice and serve.

If electric food liquifier or mixer is used, banana need not be mashed.

Stuffed Banana

12 pieces of banana (saba)
1/8 kilo pork, ground
1 egg
2 onions
Salt and pepper to taste

Boil bananas until half cooked. Peel and cool. Saute onion and pork together; add salt and pepper to taste.

Open banana at the center just enough to be stuffed. Fill in pork mixture. Dip whole banana in beaten egg. Fry in deep fat until brown. Garnish with lettuce leaves and tomatoes.

Banana Waldorp Salad

1½ cups diced ripe bananas	1 cup chopped nuts
1½ cups diced apples	3/4 cook salad dressing or mayonnaise
1 cup chopped white celery	

Have fruits chilled before dicing. Combine bananas, apples and celery together. Mix nuts and mayonnaise with diced fruits and serve on lettuce leaves garnished with pimiento syrup or guava jelly. Serve immediately. Will darken if allowed to stand.

Banana Cream Pie

5 tablespoons cornstarch	2 egg yolks
1/2 cup sugar	1/2 teaspoon vanilla
1/4 teaspoon salt	1 cup sliced bananas
1-½ cups milk	2 egg whites
1 tablespoon butter or margarine	2 tablespoons sugar
	1 single pie crust

Mix cornstarch, sugar and salt. Add 3 tablespoons milk and mix to a smooth paste. Heat the remaining milk and pour slowly in cornstarch paste, stirring constantly. Cook over hot water for 20 minutes. Add butter; cool slightly. Add egg yolks slowly to mixture, stirring rapidly. Cook several minutes until it thickens. Remove from heat, cool, add vanilla. Arrange slices of banana in baked pie shell. Pour in custard mixture, and cover top with stiffly beaten egg whites and 4 tablespoons sugar. Brown in slow oven (375°F) for about 20 minutes.

Plain Pastry

For one pie crust	1/3 cup fat
1 cup sifted flour (all purpose)	3-4 tablespoons cold water
1/4 teaspoon salt	

Sift flour and salt into bowl. Cut in shortening with two knives, or pastry blender until shortening is evenly mixed in pieces not larger than small peas. Add water and stir with fork until dough gathers in a ball leaving sides of bowl clean. Dough may be chilled before rolling out. Roll on slightly floured board about 1/8 inch thick. Transfer to pie pan and finish the edge, with the tines of a fork or flute it. Bake in hot oven 450°F for 12 to 15 minutes or until golden brown.

Banana Whip

2 egg whites
1/2 cup sugar
3 tablespoons lemon juice
1 1/3 cups mashed lacatan bananas

Beat egg whites until stiff. Add sugar slowly and continue beating. Fold in mashed banana and lemon juice. Chill. Egg yolks may be used in a soft custard and served as sauce over whip.

Banana Icebox Cake

1¼ cups evaporated milk or whipping cream
1 tablespoon gelatin (1 envelope Knox) or 1 bar gulaman
1/4 cup cold water
1¼ teaspoon salt
3 tablespoons sugar
2 dozens ladyfingers

Pour evaporated milk into refrigerator freezing tray and allow to remain until small crystals appear around sides of tray. Pour into chilled bowl and whip with rotary egg beater until mixture is stiff. If whipping cream is to be used, chill thoroughly before whipping. Add two tablespoons lemon juice.

Soak gelatin in cold water for 5 minutes, melt by placing over boiling water, and combine with mashed banana, salt, lemon juice and sugar. Cool and when mixture begins to thicken, fold in whipped evaporated milk or whipped cream. Line pan with ladyfingers and cover with a layer of banana-cream mixture. Alternate layers of ladyfingers with banana-cream mixture. Chill thoroughly before serving. Serve with whipped cream and garnish with guava jelly.

Variation: Pieces of sponge cake cut 1/2 inch thick may be used in place of ladyfingers. If gulaman is used, boil the gulaman in 1½ cups water, then strain. Use in place of Knox gelatin.

Banana-Coconut Custard

2 eggs
2 cups milk
6 tablespoons sugar
1/4 teaspoon vanilla
1/16 teaspoon salt
3/4 cup fresh grated coconut
1 cup sliced very ripe bananas

Beat eggs slightly. Add other ingredients. Pour into baking dish and bake in slow over (300°-325°F) for 1 hour.

Glazed Bananas

6 large, firm, ripe bananas
3 tablespoons lemon juice
1 cup granulated sugar
4 tablespoons butter, margarine, or salad oil

Peel bananas, scrape slightly. If large, cut in halves, crosswise. Roll bananas first in lemon juice, then in sugar. Saute in butter over medium heat, basting continuously, until bananas are golden brown on all sides. Serve with broiled or baked meat.

Banana Turon

8 ripe bananas
1/4 cup sugar
8-10 lumpia wrappers

Cut bananas into strips. Add sugar. Wrap in lumpia wrapper. Fry in deep fat. Roll in sugar before serving.

Banana Savory

8 ripe bananas (saba or latundan)
1/2 cup sugar
1 egg
1/2 cup bread crumbs (dry)

Slice bananas thin. Dip bananas in beaten egg. Roll in fine bread crumbs. Fry.

Banana Fritters

6 bananas (latundan or saba)
Sugar
1 tablespoon orange or calamansi juice
1/2 tablespoon orange rind or calamansi peeling chopped fine

Peel bananas. Cut in halves lengthwise, then cut halves in two pieces crosswise. Sprinkle with sugar, orange juice and orange rind. Cover and let stand for 30 minutes. Dip in fritter batter; fry in deep hot fat. May be served with meat or fish. May also be used as dessert, with sugar sprinkled on top.

Fritter Batter

1 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
1 egg (optional)
3/4 cup milk
1 tablespoon melted butter

Mix and sift dry ingredients. Beat egg until light. Add milk and melted butter. Then add to dry ingredients, beating until thoroughly mixed.

Banana Pancakes

1 egg
1 cup milk
1 teaspoon salt
1½ cups flour
1½ teaspoons baking powder
3 bananas, mashed

Beat egg, add milk and other ingredients, beating well. Add mashed bananas. Drop by spoonfuls in well greased frying pan. Sprinkle sugar or syrup before serving.

Banana with Bacon

4 bananas (saba)
4 slices bacon, butter melted

Wrap strip of bacon on banana. Fasten with toothpick if necessary. Broil under flame or bake in hot oven or pan broil, about 15 minutes or until tender and bacon is crisp. Baste at least once during cooking.

Banana Caramel Custard

1/2 cup sugar
2 cups scalded milk
2 tablespoons flour
2 egg yolks
1/2 teaspoon salt
3-4 bananas, sliced

Melt sugar over low fire, stirring constantly. Add scalded milk, stir until dissolved. Add flour mixed with beaten egg yolks, and place in double boiler. Cook about 10 minutes, stirring constantly until mixture thickens. Add vanilla. Pour mixture over sliced bananas in baking pan. Brown in moderate oven, 375°F. For vanilla custard, use sugar (plain) instead of caramelized. Add one teaspoon vanilla.

Banana Cream Cake

Sponge cake
Cream custard filling
Bananas, sliced
Powdered sugar
Whipped cream

Split a sponge cake and cut into squares. Spread lower layer with custard cream filling and sliced bananas. Sprinkle top with powdered sugar and sliced bananas. Garnish with whipped cream. Use orange, caramel, or vanilla-flavored custard.

Banana Shortcake

2 cups flour
3-4 teaspoons baking powder
1/4 teaspoon salt
4 tablespoons sugar
1/2 cup shortening
1/2 cup milk & 1 beaten egg
4-5 bananas, sliced
1 cup cream, whipped

Mix and sift dry ingredients and rub in fat with fingers, or cut in with knife. Add liquid with the egg enough to make soft dough. Divide dough in half and roll or pat each half the same shape and size. Place one layer on greased pan, butter slightly and top with other layer. Bake 15 to 20 minutes in hot oven, 450°F. Split and cover one layer with sliced bananas. Place other crust on top. Cover with whipped cream, and garnish with sliced bananas.

Glazed Bananas with Pineapple

3 slices canned pineapple
Granulated sugar
3 bananas

Cut bananas and pineapple slices in halves. Arrange in shallow baking dish and sprinkle with sugar. Bake in moderate oven, 375°F, about 10 minutes or until sugar is melted. Serve with meat.

Bananas Baked in Fruit Juice

6 cooking bananas
1/3 cup sugar
2 tablespoons orange juice
2 tablespoons lemon juice

Peel bananas, cut lengthwise, place in baking dish. Sift sugar over bananas and add fruit juice. Bake at (300°F-350°F) for 45 minutes. Serve hot or cold as a dessert.

Guavanas

4 tablespoons sugar
1 1/3 cups guava juice
6 medium or 4 large fully ripe bananas

Mix sugar and guava juice. Cut thin slices of bananas into juice. Chill. Serve with or without grated young coconut.

Bananas with Coconut Sauce

5 bananas
2/3 cup fresh grated coconut
1 cup milk
2 tablespoons sugar

Boil whole, unpeeled bananas until cooked. Remove skin, and cut bananas lengthwise. Make sauce by heating grated coconut in milk combined with sugar. Pour over banana. Serve as dessert with whipped cream, if desired.

Variation: For a thick sauce, mix 1½ tablespoons cornstarch with sugar. Moisten with ¼ cup cold milk. Combine with remaining milk and coconut. Place over low heat and stir until thick.

Banana and Peanut Butter Spread

1/2 cup peanut butter
1/4 cup hot water or evaporated milk
3/4 cup mashed ripe bananas
2-3 tablespoons lemon or lime juice.

Cream peanut, add hot water or evaporated milk, and blend thoroughly. Add banana pulp and season with lemon or lime juice.

Banana Augratin

6 firm bananas, peeled
2 tablespoons melted butter
Salt
1 tablespoon bread or cracker crumbs
Cheese sauce

Place bananas into baking pan. Brush well with butter and sprinkle with salt. Pour cheese sauce over bananas and sprinkle with crumbs. Bake in moderate oven (350°F) about 20 minutes or until tender. Increase baking temperature during last few minutes of baking, or place pan under broiler heat to brown. Serve very hot.

Cheese Sauce

1/2 cup grated cheese
White sauce

Add 1/2 cup grated cheese to prepared white sauce. Reheat slowly in double boiler until cheese melts.

Fish with Banana

1 medium size fish (milkfish, mamali, or lapulapu)
3 cups water
3 tomatoes (sliced)
1 onion (sliced)
1 teaspoon salt
A pinch of pepper

Clean fish, salt and let stand for a few minutes. Wrap in banana leaves and boil in mixture of the rest of the ingredients for 30 minutes. Drain, unwrap and transfer to a platter. Cover with mayonnaise dressing. Garnish with boiled ripe saba, cut lengthwise, 1/4 inch slices.

Banana Rootstock Fritters

2 cups rootstock (saba)
2 cups rice flour or wheat flour
1 cup water
1 cup sugar
1 teaspoon salt

Grate about two cups of the soft part of the root stock of the banana (butuan, saba or latundan). Soak in salted water for an hour then squeeze out the water well. Make a mixture of two cups rice flour or wheat flour, one cup water, one cup sugar and one teaspoon salt. Add the grated root stock to the flour mixture and stir well.

Fry by spoonfuls in hot deep fat (350°F) until golden brown on both sides. Serve hot as a dessert or snack (Calamansi rind may be added for flavor to the mixture before frying.)

Banana Rootstock Pickle

2 cups banana rootstock (butuan)
19-20 native onions
1 head garlic
1 cup brown sugar
2 cups white vinegar
1 inch cube ginger

Cut about two cups of the tender part of the banana rootstock into strips. Soak in salted water or rice water for several hours. Drain and boil until tender. Drain. Prepare one inch cube ginger cut into strips, 1 head garlic sliced thin crosswise, twenty native onions sliced, two bell pepper (green and red) cut into strips, four tablespoons salt, one cup brown sugar and two cups white vinegar.

Boil the vinegar with the salt and sugar. Add the rest of the ingredients including the rootstock. Remove from the fire after 3 or 4 minutes boiling. Put in clean jar and seal. May be used after two or three days.

Banana Cue

2-3 bananas (just ripe)
1 teaspoon sugar
6-9 sticks

Fry in deep fat just ripe bananas (saba) either whole or cut into 3 or 4 pieces. When partly cooked, sprinkle with sugar. Continue frying until cooked. Serve the banana in sticks like barbecued meat. Good for snack.

Banana Muffins

3 cups flour
1/2 teaspoon baking powder
1/4 teaspoon soda
6 tablespoons sugar
1 teaspoon salt
3 eggs
6 tablespoons sour milk
6 tablespoons shortening
2 cups ripe bananas (mashed)

Sift flour, baking powder, soda, salt and sugar together. Combine eggs, milk and melted fat. Add to the dry ingredients and mix well. Add bananas and mix only until ingredients are dampened. Fill the well greased muffin pan two-thirds full. Bake in moderate oven (350°F) for 20 to 30 minutes or until done.

Banana Doughnuts

2½ cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon soda
1/2 teaspoon nutmeg (optional)
6 tablespoons shortening
1/2 cup sugar
2 tablespoons mashed ripe bananas
2 small eggs (beaten well)
1/4 cup sour milk
1 teaspoon vanilla
1/2 cup flour for rolling

Sift together flour, baking powder, soda, salt and nutmeg. Add bananas and mix well. Add egg gradually and beat well. Add flour mixture alternately with milk and vanilla, mixing only until dough is smooth. Turn on floured board and knead lightly until stiff enough to handle. Roll 3/4 inch thick. Cut with a floured doughnut cutter. Fry in hot deep fat (350°F), until golden brown. Drain and dip in sugar, if desired.

Banana Pinipig Cookies

1¼ cup flour
1/2 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
3/4 cup shortening
1 cup sugar
1 cup mashed bananas (ripe)
1 beaten egg
1¾ cups toasted pinipig
1/3 cup nuts (peanut or casoy

Sift together flour, soda, salt and spices. Cream shortening and sugar until light and fluffy. Add bananas until they are thoroughly blended. Add egg gradually beating well. Drop into ungreased cooky sheet and bake in a moderately hot oven (400°F) about 10 minutes, or until cookies are done. Remove from pan at once.

Banana Drop Cookies

3 cups flour
2¼ teaspoons baking powder
1 teaspoon salt
1/4 teaspoon soda
1 cup shortening
1¼ cups sugar
1½ cups ripe bananas (mashed)
2-3 eggs beaten well
Sugar and cinnamon as desired

Sift together flour, baking powder, salt and soda. Cream shortening and sugar until light and fluffy. Add bananas and beat well. Add eggs gradually, beating well after each addition. Add vanilla. Add flour mixture and mix just enough to blend. Drop into ungreased cooky sheets and sprinkle with sugar or sugar and cinnamon combined. Bake in moderately hot oven (400°F) about 10 minutes, or until done. Remove from pan at once.

V. BEANS

All kinds of beans are food producing crops. They possess a high dietetic value, especially in protein content, and are considered excellent and cheap substitute for meat, fish, eggs and other protein yielding foods.

The beans referred to are the kidney or habichuelas, cowpea, soy bean, sitao and hyacinth beans (batao and patani) and wing bean or sigarillas and sugar peas or chicharo.

Description: *Kidney*, *navy* or *string beans* is either a bush or vine. It is an annual plant with pinnate triplicate leaves and ovate leaflets. The flowers are found in the axle of the leaves and in bunches and fruits in clusters. The flowers are white or with purplish color. It is entirely self-pollinated. The vine is over two meters long. The bush is from two to three feet tall. The fruit or the pods have three to six seeds in a bean, depending upon the variety and the fertility of the soil. The shape of the seed is from kidney like to almost rounded. The color varies from white to red of different shades. It is a native of tropical America and is grown throughout the warm countries.

Sitao: Sitao is one of the most widely grown legumes in the Philippines. It has two well-known varieties. The greenish whites or Singapore and the reddish purple or native. The vine grows from three to four meters. The flowers are from white or with tinges of purple. The young shoots make a very good green vegetable. The pods are very long, being 20 to 40 cm. in length and less than a cm. in width, with many seeds. They are eaten in the same way as string beans.

Cowpeas: This is a legume that originated in Asia. They are often confused with some varieties of beans. The pods vary in color from green to red and black, with combinations of colors. In young stage, the fleshy pods with immature seeds are eaten much like string beans. More mature and fleshy portions are less tender; the seeds are removed and used like green lima beans. The young shoots are used by the Filipinos as salad or mixed with other vegetables, usually with tomatoes, and with bagoong and ginger.

Soybean: This is a bush two to three feet tall. It has white-yellowish to creamish-color flowers. The plant thrives well from sea level to medium altitudes. The pod has three to four seeds, and, when green, has various uses. Soybean seeds are used for food like mongo or beans, and roasted as peanuts. Other foods are manufactured from the seeds such as toyo, tausi, tahuri and tokua. Soybean cake is used as fertilizer while soybean meal as cattle feed, glue for veneer and plywood. It is used in the preparation of soybean milk and other delicacies and for the extraction of oil used in the manufacture of paints. Soybean is a good source of flour, a good diabetic food. New products from soybeans are the Sola oil and Sola butter. They are both advertized as colesterol free. The Sola oil is similar to corn and peanut oil, it does not solidify in the refrigerator.

Hyacinth Bean: This is a climbing vine which bears large flat pods containing small beans. There are two common varieties—one entirely green and the other green with lavander edges. The whole pod with the beans is eaten and in its tender stage, it is palable. The seeds are only about 1/8 inch in diameter.

Sigarillas or *Wing Bean*: The plant, originally from India, is supposed to have been introduced by the Chinese in the Philippines, is a trailing or climbing vine. The fruit have flat sides and four thin green wings. At the tender stage, the beans within are extremely small, one-eighth inch or less in diameter. The beans are used in salads, soaps, vegetables, meat and fish dishes. They are a good source of calcium, a poor source of phosphorous, and a fair source of iron.

Sweet Peas (Sicharo): There are two well known kinds of sugar peas in the Philippines — the ordinary kind, which is grown in America and which has rather large seeds and fibrous pods, and the Chinese type with smaller seeds and tender pods. The first type is grown considerably around Baguio where it does well. Not extensively cultivated in the lowlands, Baguio peas bring high prices in both Baguio and Manila markets. The Chinese peas are cultivated mostly for the whole pods. They are eaten while tender and they make a very good vegetable. This species is a native of Europe but is now cultivated in in all temperate and in most tropical countries.

RECIPES

Cream of Pea Soup

1 cup peas, cooked or canned
1 teaspoon sugar
1 cup water or beef or chicken stock
1 cup milk
1 thin sliced onion
1 tablespoon butter
1 tablespoon cornstarch
Salt and pepper to taste
Bit of bay leaf
Sprig of parsley, if desired
1/2 bladed mace (optional)

Add sugar and water to peas with seasonings, if used, and simmer thirty minutes. Rub through sieve, reheat, and thicken with butter and corn-starch, cooked together. Scald milk with onion; remove onion, and add milk to pea mixture and season. Drain liquor from peas and replace part of water or stock. Serve with croutons. Color delicately with vegetable coloring if peas are not bright-colored.

For a richer soup, omit butter and cornstarch and thicken by stirring in one egg yolk, slightly beaten with one-half cup heavy cream. Serve immediately.

Split Pea Soup

1/2 cup dried split peas
1 quart cold water
1 cup milk
1 sliced onion
2 tablespoons butter
1 tablespoon flour
1/2 teaspoon salt
Few grains pepper
1 inch cube fat, salt pork or ham bone

Pick over peas and soak several hours or overnight. Drain, add cold water, pork or ham bone and onion. Simmer three or four hours, or until soft. Rub through sieve. Add butter and flour cooked together, salt and pepper. Dilute with milk, adding more, if necessary, to make four cups. A few fresh green peas and croutons are attractive garnish.

String Bean Salad

1/4 kilo string beans, boiled
20 shrimps, boiled & shelled
4-6 native onions
1 or 2 eggs, hard boiled
1 cup shredded cabbage
3-4 tablespoons French dressing
3 tablespoons mayonnaise
Salt and pepper to taste

Cut string beans in 1 cm. lengths. Cut shrimps into halves. Cut native onion into small pieces. French dressing, salt and pepper to taste. Add two hard cooked eggs chopped, shredded cabbage and a little mayonnaise dressing, if desired. Mix ingredients together and serve cold on lettuce leaves.

Vegetable Shrimp Salad

1 cup crab meat
1 cup shrimps
1/2 kilo potatoes
2 medium sized cucumber
1½ cup chopped American celery
1/3 kilo carrots
1/3 kilo string beans
1 can sweet peas
Mayonnaise dressing
Black olives for decoration
Calamansi juice for marinating

Boil potatoes and carrots in water with little salt. Cook crabs and shrimps without water with little salt. Boil string beans and put little salt before removing from water. Remove meat from crabs and shell shrimps but do not shred. Cut potatoes, carrots into cubes when cold. Prepare mayonnaise dressing. Combine all ingredients. Moisten with enough calamansi juice and season with salt and pepper. Use other ingredients for decoration.

Pork Chops with Vegetables

1 tablespoon fat
1/4 cup water
4 potatoes, small
4 pork chops, 1 inch thick
4 carrots, whole and medium
12 string beans, cut 2 inches
Salt and pepper to taste

Heat cooker; add fat. Season pork chops and brown. Add water. Place small potatoes, beans and whole carrots on top. Do not fill cooker over two-third full. Place cover on cooker. Cook ten to twelve minutes.

Pork Cutlets

1 kilo pork cutlets
1 kilo potatoes for mashing
1 can peas
2 eggs
2 boiled carrots
10 boiled string beans
Calamansi, salt and pepper
2 tablespoons milk
2 tablespoons butter

Wipe cutlets and soak in calamansi with salt and pepper. (If to be fried, dip in beaten eggs diluted with water, then roll in bread crumbs. If broiled or baked, put in oven.)

Prepare mashed potatoes. Add milk, butter, egg yolk, salt and pepper. Place this mixture on platter and arrange cutlets on top. Garnish with vegetables and serve hot.

Macedoine of Vegetable Salad

1 cup cooked or canned
  lima beans
1 cup diced cooked or canned
  carrots
1 cup diced celery
2-3 tablespoons
  French dressing
Lettuce
2 hard-cooked eggs
1/3 cup mayonnaise

Combine beans, carrots and celery. Moisten with dressing; chill. Line salad bowl with lettuce; fill with vegetable mixture. Slice eggs; use as garnish. Serve with mayonnaise or cooked salad dressing.

Black Bean Soup

1 cup dried black beans	1 hard-cooked egg, cut in thin slices
1 quart cold water	Juice of 1 lemon
1/2 small onion, sliced	Few grains mustard
1 stalk celery broken in pieces or 1/8 teaspoon celery salt	Few grains cayenne
1 teaspoon salt	Few grains pepper
1 tablespoon flour	1/2 lemon, thinly sliced

Soak beans overnight. Drain and add cold water. Cook onion five minutes with half the butter and add to beans. Add celery, simmer three to four hours or until beans are soft, adding more water as water boils away. Rub through sieve. Reheat to boiling point. Add lemon juice and well-mixed seasonings. Bind with remaining butter and flour cooked together. Garnish with lemon and eggs.

Spicy Lima Beans

3/4 cup catsup	2 cups boiled lima beans
1/2 teaspoon minced onion	Salt and pepper to taste

Combine catsup and onion. Drain beans; combine with catsup mixture. Heat. Season with salt and pepper.

Creole Green Beans

2 tablespoons fat	1 teaspoon salt
2 cans tamatoes sauce	2½cups green beans
1 medium onion	2 tablespoons flour
1 small bay leaf	2 tablespoons water
1 teaspoon sugar	Few grains pepper

Mince onion; saute in fat or salad oil. Add tomatoes bay leaf, sugar, salt and pepper. Cover, simmer 10 minutes. Remove bay leaf. Drain beans. Mix flour and water to smooth paste, then add to mixture. Cook, stirring constantly until thick. If desired, serve in center of Noodle Cheese Ring.

Guinatan String Beans

2 cups string beans, cut into pieces
1/4 kilo pork, cut into pieces
1 tablespoon lemon juice
2 cups coconut milk
1/4 cup bagoong
1 onion, sliced fine
2 small garlic, chopped
1 small ginger, chopped

Cook coconut milk with the spices, bagoong, pork, stirring once in a while. Add beans when it boils, and cook until tender. Add juice. Serve hot or cold.

String Beans and Scallions

2 cups string beans
2 tablespoons butter or margarine
1/4 teaspoon paprica
6 scallions, thinly sliced
1 tablespoon flour
1/2 teaspoon salt
Dash of pepper

Cook beans. Drain, reserving one-half cup bean liquor. Simmer scallions in butter for two minutes, then stir in flour. Add bean liquor and cook, stirring until thickened. Add beans, remaining ingredients, and heat.

Sitao with Sotanghon

20 pieces sitao, cut into 1/2 inch lengths
1 cup soaked sotanghon cut into short lengths with scissors
2 cloves garlic, pounded
1 onion sliced
2 tablespoons cooking oil
1/2 cup shelled shrimps
1 cup diced pork with fat
2 cups shrimp juice
Patis and pepper to taste

Saute garlic, onion, shrimp and pork. Add sitao, sotanghon and then the shrimp juice. Allow to boil until sitao is tender. Season with patis or salt and pepper to taste. Serve hot.

String Beans with Bacon

1 pound string beans, fresh cut into pieces
4 slices bacon
1 small onion, thinly sliced
1 tablespoon chopped parsley (optional)
1 teaspoon salt
1/8 teaspoon pepper
1/2 cup water
1/2 tablespoon lemon juice or vinegar

Heat saucepan and brown bacon. Pour off surplus drippings. Add beans and onions. Combine and add parsley, salt, pepper, vinegar and water. Mix well. Cover and cook five minutes, or until vegetables are tender.

Pork with String Beans

- 1/2 kilo pork
- 1/4 cup sugar
- 3 tablespoons patis
- 3 calamansi juice
- 1 cup string beans, cut two inches long
- Young onions leaves, cut into pieces

Wash and cut pork into regular pieces. Caramelize sugar and add patis and lemon juice. Add pork and put enough water to cook the meat. Add beans when meat is almost done, and lastly add the onion leaves.

Cream Vegetables

- 1½ cup boiled string beans cut into pieces
- 1 cup boiled carrots cut into cubes
- 2/3 cup boiled potatoes cut into cubes
- 1/3 cup diced celery
- 1 can sweet peas

Saute vegetables in butter. Add vegetables to white sauce made as follows: Melt, 1 tablespoon fat in a sauce pan, add 1 tablespoon flour and stir. Add 1 cup milk (1/2 evaporated and 1/2 cup water). Cook until thick. Season with salt and pepper.

Beans Bretonne

- 1½ cups pea beans
- 1 cup stewed and strained tomatoes
- 1 cup chicken stock
- 6 pimientos, rubbed through sieve
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped

Soak beans overnight in cold water; drain, and parboil until tender. Put in baking dish or bean pot; add other ingredients, cover and cook in slow oven (250°F) until beans have nearly absorbed sauce or stew on top of the stove.

Sauted Sitao and Patola with Pork and Shrimps

1 or 2 patola, if small pared and sliced
20 string beans, cut one and a half inch lengths
1/5 kilo pork with fat cut into pieces
10-15 shrimps, shelled
1½ cups shrimp juice
2 cloves garlic, bruised
1 onion, sliced
Salt and pepper to taste

Saute garlic and onion; add shrimps and pork. Add beans and cook until almost tender. Then add the patola shrimp juice, salt and pepper. Cook until the vegetables are tender. Serve hot.

Habichuelas and Squash

20 habichuelas
2 cups squash (a portion)
1/4 cup shelled shrimps
1 onion sliced
2 tablespoons cooking oil
3/4 ripe tomatoes, cut into pieces
1½ cup shrimp juice
1/2 cup boiled meat (pork), cut into small pieces
1 cup sotanghon, soaked and cut into short lengths with scissors (optional)
Salt and pepper to taste

If the squash is tender no need of paring. Remove seeds and cut into inch cubes. String the habichuelas and break into 1/2 inch lengths. Shell the shrimps and cut into small pieces. Pound the head of the shrimps and extract the juice. Saute onion, tomato, shrimps and meat. Add sotanghon, beans, then squash and the shrimp juice. Cook until vegetables are tender. Season with patis or salt to taste.

Sitao Adobo

40 pieces sitao, string and break into 1½ inch lengths
5 cloves garlic, pounded
Patis or salt and pepper to taste
3 tablespoons bagoong alamang (optional)
1/3 cup white vinegar
2 tablespoons cooking oil

Parboil the sitao in small amount of water. Saute the garlic, and the parboiled sitao and bagoong. When the sitao is tender, add vinegar and patis or salt and pepper. Serve hot or cold. Ground meat may be added and seasoned with toyo.

VI. CARROTS

Carrots originated in the middle of Asia. The transition from the wild to the garden carrot took place in France where much has been done for the development of varieties. Many of our present varieties represent Western European selection, a good proportion of which were made by Vilmorin, a French plant breeder and seedman of the middle 19th century.

Description: This plant is an erect herb about thirty to sixty centimeters in height, possessing two or three pinnate leaves. The top root is rubust, sometimes swollen, fleshy, yellow or orange-colored. The flowers are small, white or yellowish in compound umbels.

Nutritive Value: Valuable nutritionally because they are excellent source of vitamin A and a good source of calcium, carrots are poor sources of thiamine and ascorbic acid.

According to Burkhill, the food value of this plant lies largely in its soluble carbohydrates of which, with 88% water, the root may contain 9%, the protein being about 1%. The yellow color in it (carotin) is sometimes used for coloring butter and cheese. A small amout of volatile oil is present in the leaves but the fruits contain a greater amount. In Java, the young leaves are eaten. The leaves and seeds contain an alkaloid and the seeds a little glucoside.

Uses: Carrots are commonly used for salad, soups, pickles, sweets, sandwich spread, and garnishing or ingredients for other dishes.

RECIPES

Creamed Carrots

1½ cup diced cooked carrots
1 cup white sauce
2 tablespoons minced parsley if desired

1 tablespoons butter
1 teaspoon minced onion
1 tablespoons flour
1/2 teaspoon salt
1 cup fresh or 1/2 cup evaporated milk diluted with equal amount of water
Salt and pepper to taste

Place butter on top of a double boiler over direct heat. Add onion, saute until tender but not brown. Blend in the flour and seasonings, then add milk gradually. Cook in a double boiler, stirring constantly until thick. Add carrots and parsley. Serve hot.

Carrot and Cucumber Salad

2 small size carrots, boiled
1 medium size beets, boiled
1 small size cucumber
1 small onion, sliced
2 medium size ripe tomatoes

Peel boiled vegetables. Cut them all into cubes or any shape preferred. Combine all and marinate in French dressing. Garnish with sliced onions and tomatoes.

Carrot and Cabbage Salad

2 lettuce leaves
1/4 cup shredded cabbage
1/4 cup shredded carrots
1/4 cup salad dressing
1 small green cucumber coursely chopped
1 small sincamas cut fine

Arrange lettuce on individual salad plates. Toss carrots, cabbage, sincamas and cucumber. Serve with French dressing.

Carrot Candy

1 cup grated carrot
1 cup sugar
1/4 teaspoon salt
1/4 teaspoon grated fresh ginger root
1/4 cup pili nuts

Combine all ingredients except nuts. Cook in a skillet over low heat until mixture has a jam like consistency for about thirty to forty-five minutes. Add nuts. Pour into buttered pans. When partially cool, cut into squares. Roll in granulated sugar.

Carrot and Pineapple Jam

2 cups ground raw carrots
1/ cup finely diced fresh pineapple
1/4 cup calamansi juice
1¼ tablespoons grated calamansi rind
1/4 cup water
2 cups sugar

Add water to shredded carrots. Cover. Cook for twenty-five minutes. More water may be added towards the end of the cooking period. Add remaining ingredients. Boil gently about one hour, or until mixture is thick and syrupy.

Cream of Carrot Soup

2 tablespoons butter
2 tablespoons flour
1 medium sized sliced onion
1/4 teaspoon salt
2 cups water
Dash of pepper
1 cup finely shredded carrots

Cook and cover carrots with one cup boiling salted water for five to ten minutes. Heat butter, add onion, simmer about five minutes until tender. Stir in flour and seasonings. Remove from heat and slowly add one cup milk, stirring until well blended. Return to low heat. Cook until thick and smooth, stirring constantly.

Carrot Salad

1 cup grated raw carrots
1 cup chopped raw cabbage or celery or cabbage and celery combined
1 tablespoon lemon juice
1/2 teaspoon salt
Mayonnaise or boiled dressing
Lettuce leaves

Mix ingredients well. Serve on crisp lettuce leaves. Grated carrots may be served alone on lettuce or may be combined with cold boiled peas with chopped nuts, apples or with onions and radishes.

Peanut and Carrot Salad

2 cups grated carrots
1 cup ground peanuts
1 tablespoon grated onion
1/2 teaspoon salt
1/2 cup mayonnaise
Lettuce leaves
1 tomato, cut into thin wedges

Combine carrots, peanuts, onion, salt and mayonnaise. Mix lightly. Serve on crisp lettuce. Garnish with tomato wedges.

Pork Cutlets

1 kilo pork cutlets
1 kilo potatoes for mashing
2 eggs
1 can peas
Boiled carrots
Boiled string beans
Milk, butter
Calamansi, salt and pepper
Bread crumbs

Wash cutlets, soak in calamansi with salt and pepper. (If to be fried dip in beaten eggs diluted with water, then roll in bread crumbs. If baked, put in oven.) Prepare mashed potatoes, milk, butter, egg yolk, salt and pepper. Place this mixture on platter. Arrange cutlets on top. Garnish with vegetables. Serve hot.

Carrot and Tomato Casserole

3 tablespoons butter or margarine
1 kilo carrots sliced 1/4 inch thick
2 onions, chopped
1 teaspoon salt
3 tablespoons flour
2 cups canned tomatoes
2 cloves garlic
1 cup minced cooked ham or corned beaf
1½ cups water

Melt butter, add carrots and onions. Saute slowly for five minutes. Stir in the remaining ingredients in the order given. Bring to boiling point; transfer to a casserole and cover. Bake for about one hour at 350°F.

Carrots Roasted with Meat

Scald and scrape medium sized carrots; cut in halves lengthwise. Place in pan with roasting pork or beef. Baste with drippings from meat. Bake forty to forty-five minutes.

Glazed Carrots

Boil four whole baby carrots until almost tender. Rub off skin under cold water. Dry thoroughly. Heat three to four tablespoons butter in a heavy skillet. Roll carrots in 1/4 cup sugar. Add to butter, simmer until glazed, turning frequently.

Carrots Straws

Wash and scrape tender young carrots. Cut in quarters lengthwise, and then in narrow strips. Wrap in a damp cloth and chill. Use for hors d'oeuvre platter.

Carrot Curls

Shave thin, lengthwise from scrape long carrots. Use vegetable parer. Curl around finger. Let stand in a bowl of ice water. Dry and serve as a garmish for salad.

VII. CASSAVA

Description: The cassava is an erect woody plant two or three meters high, producing large roots that are rich in starch. The tender tops and leaves are eaten like spinach.

The roots of all species contain Prussic acid, a very poisonous substance. If they contain much of the acid, or if much of it in the starchy pith, the plant is called a bitter *Maniok*. Some varieties contain but little, and are called *Sweet Maniok*. The Prussic acid can be removed by washing the roots carefully, by roasting, cooking, or by drying under the heat of the sun. *Sweet Maniok* endures more in the cooler countries and poorer soil than *Bitter Maniok*, but in such places it produces less starch. The bark contains more hydrocyanic acid than the flesh, so it is advisable to remove the bark completely before the root is prepared for cooking. Cassava darkens when stored for several days. Use the fresh one for cooking purposes.

Variety: There are many varieties of cassava in the Philippines, only one or two of which are distributed widely all over the country. One of these is called "balinghoy." The old plants produce comparatively small roots and have low yield, but they are fairly sweet and are suitable for food. The foreign varieties have been tested and found to be high yielders, and they have been widely distributed in the different parts of the Philippines.

Nutritive Value and Uses: Cassava is used both for food and in laundry work. The starch known as Tapioca is used extensively for industrial purposes. It is obtained from the roots by certain processes. Because of its high content of carbohydrates, Tapioca may be used as a substitute for rice. After removing the bark, the flesh may be boiled and eaten like sweet potato, or may be grated and used for pudding, "suman," "bibingka" and other native delicacies.

Cassava Bibingka

- 2 cups grated cassava
- 1½ cups coconut milk (diluted)
- 1 cup coconut milk (undiluted)
- 3-4 tablespoons butter or margarine
- 1 cup white sugar
- 2 teaspoons salt
- 2 eggs
- 2 tablespoons grated cheese (optional)
- 1 tablespoon finely chopped calamansi peeling for flavoring

Peel the cassava and grate carefully, with papaya grater in order not to include the woody portion in the middle. Add beaten eggs, flavoring, and stir in milk, sugar, butter and salt. Grease the cake pan well and sprinkle sugar. Pour in the mixture. Bake in moderate oven. When half-cooked, pour on top the cooked mixture of 1 teaspoon butter, 1 cup undiluted coconut milk and 4 tablespoons brown sugar, 2 tablespoons cornstarch and 2 teaspoons salt. Cook in a saucepan until thick. Broil the bibingka in the oven until golden brown or put live charcoals on the cover of the bibingkahan, if baked in native oven.

Cassava Suman

- 3 cups grated cassava (squeezed)
- 1 cup sugar
- 1 teaspoon salt
- 1/2 cup coconut milk
- 1 cup shredded young coconut (alanganin) optional

Mix all ingredients. Put about three tablespoons of the mixture on a strip of wilted banana leaf. Roll the mixture inside the leaf. Then fold the ends. Tie them singly or in pairs. Arrange in a kettle or pot with sufficient water for boiling. After the first boiling, reduce the heat but continue cooking for at least 1 to 1½ hours.

Cassava Nilupak

- 1/2 kilo cassava
- 1 grated coconut
- Sugar to taste

Peel the cassava, then boil, and grind or pound in a mortar. Mix it with the grated coconut and sugar. Continue pounding until thoroughly mixed. Pack in a mold and serve in slices.

Cassava Kalamay

4 cups grated cassava	1 teaspoon finely chopped calamansi peeling
2 cups coconut milk	1 teaspoon salt
1½ cups white sugar	

Mix all ingredients in a carajay or a frying pan. Cook for an hour or until the "kalamay consistency" is reached. Pour and spread the kalamay to cool in a platter or banana leaf which is slightly greased with butter, lard, or coconut oil. Serve when cold.

Cassava Espasol

2½ cups coconut milk	2 cups grated fresh cassava
2½ cups sugar	1/4 teaspoon roasted anise seeds, crushed finely
3 cups roasted and finely ground malagkit rice	

Boil the coconut milk and sugar. Add the grated cassava and anise. When cooked, add malagkit flour leaving 1/2 cup for rolling. Cook until the mixture no longer sticks to the pan. Roll on board. Sprinkle with malagkit flour. Slice into desired shape.

Cassava Pudding

3 cups grated fresh cassava	1½ cups sugar
1 cup coconut milk	Lemon rind or vanilla for flavoring
2 eggs	
1/2 teaspoon salt	

Mix the grated cassava, coconut milk, beaten eggs, sugar, salt and flavoring. Pour into a mold lined with 3/4 cup caramelized sugar. Steam until the mixture is set. Cool before transferring into a platter.

Palitaw

1/2 kilo fresh cassava	1/2 of 1 coconut (grated)
1/2 cup sugar	

Peel and grate cassava finely or chop finely. Shape them into flattened balls. Boil water in the carajay. When the water boils, drop the balls one by one. When they float, remove from water. Place them on a platter and serve with grated coconut and sugar.

Cassava Puto

- 3 cups cassava starch
- 1/2 cup wheat flour
- 3/4 cup refined sugar
- 2 cups coconut milk or water
- 1/4 cup fat
- 2 teaspoons baking powder
- 2 young coconuts

Peel and grate the cassava. Mix with the sugar and salt. Fill greased puto molds with the mixture. Put them in a steamer and steam for about 30 minutes or until thoroughly cooked. Serve while warm with grated coconut.

Cassava Sinaludsod

- 1 cup cassava starch
- 1/2 cup wheat flour
- 3/4 cup refined sugar
- 2 cups coconut milk or water
- 1/4 cup fat
- 2 teaspoons baking powder
- 2 young coconuts

Sift cassava starch, baking powder and wheat flour together. Shred coconuts and mix with other ingredients. Add liquid. Heat frying pan and put small amount of fat. Pour 1/4 cup of the butter in the hot pan after stirring thoroughly and spread thinly. Turn just once. When it turns light brown, it is cooked. Serve while hot.

Cassava Langi-Langi

(*Bicol Recipe*)

- 3 cups peeled and thinly sliced cassava
- 1½ cups sugar
- 1½ cups concentrated coconut milk
- Enough fat for frying

Fry cassava in deep fat until golden brown. Drain. Make syrup out of coconut milk and sugar. When thick enough, pour the syrup over fried cassava, and allow to dry.

Cassava Hot Cake

- 2 cups cassava flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup diluted coconut milk
- 2 teaspoons sugar
- 1 or 2 eggs
- 2 tablespoons melted fat

Beat eggs, sugar and milk. Sift cassava flour, baking powder and salt. Add beaten eggs, melted fat, and beat well. Cook in a hot greased pan by spoonfuls. Serve hot with syrup.

Cassava Biscuit

- 3 cups cassava flour
- 6 tablespoons sugar
- 1 teaspoon lemon rind
- 1/2 teaspoon baking powder soda
- 1 teaspoon lemon juice
- 2 eggs
- 6 tablespoons fat
- 1 teaspoon salt
- 3 tablespoons coconut milk

Sift flour, baking powder and salt. Add beaten eggs after creaming fat and sugar. Mix well and add sifted dry ingredients alternately with milk. Roll one fourth inch thick on floured board and cut with biscuit cutter. Prick the center with a fork. Bake in a moderately hot oven until golden brown.

Chicken and Cassava Salad

- 1/2 kilo fresh cassava
- 1 egg
- Breast of one boiled chicken
- 1 small onion
- 3 tablespoons chopped pickle
- Salt and pepper to taste

Peel cassava and boil until tender. Cut into cubes. Cut the boiled chicken into pieces. Chop onion. Mix cassava, chicken, onion, and pickle and then add mayonnaise or boiled dressing. Season with salt and pepper and little sugar to taste. Arrange on lettuce leaves and garnish with chopped hard-cooked eggs.

French Fried Cassava

- Fat for frying
- Cassava cut into strips
- Salt and pepper to taste

Put enough fat in a frying pan. When hot drop several strips of cassava. Fry until light brown. Transfer to a dish and season with salt and pepper. Serve with meat or fish.

Glazed Cassava

1 big cassava
1/2 cup white sugar
1/2 cup brown sugar
1/4 cup butter or margarine
1/4 cup water

Peel cassava and cut in thick slices. Boil until well cooked; drain. Make syrup by boiling sugar and water together. Dip each piece into the syrup and lay in greased pan or baking dish. Season with salt and pepper and bits of butter. Pour the syrup that remains and bake in a quick oven until brown.

Guinatan

1/2 cup peeled camote cut in cubes
1/2 cup sliced ripe banana (saba)
1/2 cup gabi cut in cubes
3/4 cup langka cut in strips
1 cup shredded cassava, formed in small balls
5 cups coconut milk
1 cup sugar
1/4 teaspoon roasted anise, to flavor

Boil coconut milk with gabi and camote together. When nearly cooked, add bananas, and cassava balls. Cook for a few minutes. Add langka, when nearly done. Crush the anise and add to the mixture. Before serving, add sugar and a spoonful of coconut milk on top of each serving.

Boiled Cassava with Coconut Milk

1/2 kilo fresh cassava
1½ cups rich coconut milk
Pinch of salt to taste

Peel cassava and cut into pieces. Boil with coconut milk. Add little salt to taste. When cooked, serve with sugar.

Cassava Cooked with Rice

1 cup cassava
2 cups rice
3 cups water
1 teaspoon salt

Peel cassava and cut in cubes. Cook rice in salted boiling water. Add cassava and cover to steam. (Cassava is added to economize in the use of rice.)

Cassava Ukoy

2 cups grated cassava
4 tablespoons cornstarch
1/2 cup boiled shrimps, small
1/2 cup shrimp juice
2 or 3 stalks of green onions
2 cloves minced garlic
1/2 small onion, sliced
Fat for frying
Salt and pepper to taste

Mix cassava, cornstarch, onion, garlic, green onion (cut into small pieces), shrimp juice, salt and pepper to taste. Fry until crisp by kitchen spoonfuls in shallow fat, placing one or two shrimps on top. Serve with vinegar dressing. (Mix vinegar, pounded garlic, salt and pepper.)

Cassava Maruya

2 cups grated cassava
2 tablespoons corn starch
1/2 cup sugar
1 to 2 cups grated coconut
1 teaspoon salt
Enough fat for deep frying

Mix all the ingredients and fry in deep fat by spoonfuls. Serve hot.

Cassava Balls

3 cups mashed boiled cassava
1½ teaspoons butter
1 teaspoon sugar

Combine all ingredients and shape in balls and fry. When brown, remove and sprinkle with sugar. Serve as dessert or snack.

Cassava Pancakes

1/4 kilo cassava (fresh)
1 teaspoon salt
1/8 teaspoon pepper
1 small onion chopped
1/2 cup flour or fine bread crumbs
1 egg beaten

Peel cassava and grate. Squeeze out the juice. Mix the pulp with all remaining ingredients. Drop by spoonfuls into hot well-oiled frying pan. Fry on both sides until brown. Allow about 8 to 10 minutes. Serve with meat or fish.

Steamed Cassava

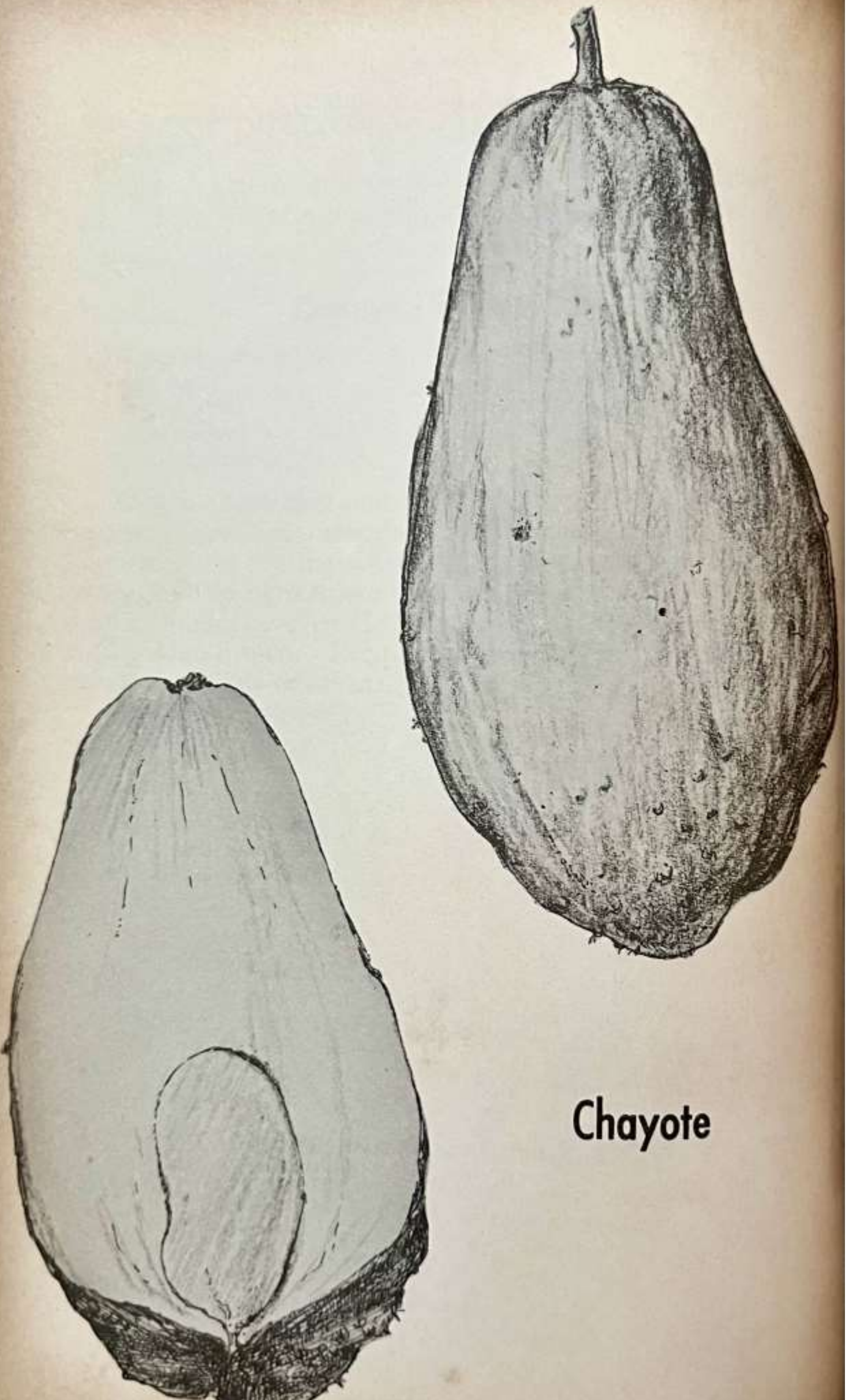
1 kilo cassava, peeled and grated	1 coconut, grated
	1/2 cup sugar

Steam cassava until cooked. Allow to cool. Divide into portions about a handful, and dip in grated coconut sprinkled with sugar. Serve as dessert or snack.

Cassava Cookies

1/2 cup shortening
1 cup sugar
1 egg (beaten)
2 cups cassava flour and 1 cup wheat flour
1/2 teaspoon salt
3 teaspoon, baking powder
1 teaspoon vanilla

Cream shortening and sugar together. Add beaten eggs and continue creaming. Add flavoring and stir. Then add the dry ingredients that have been sifted together. Drop by teaspoonfuls on a greased baking sheet. Bake in moderate oven (350°F) for 15 to 20 minutes or until golden brown. Recipe may be modified by adding chopped peanuts or raisins.



Chayote

VIII. CHAYOTE

Description: The fruit is oval in shape, 10 centimeters in length, pale green, and rather spiny with soft spines. Inside the fruit is a single large seed which is surrounded by a wide, soft flesh of a mild and a very agreeable flavor. It is rather sticky when peeled.

Nutritive Value: The fruit is a fair source of iron and calcium. The mineral contents of the leaves are calcium and phosporus.

Uses: It is cooked and eaten in much the same way as upo or squash. It may be served cooked or raw as salad. It is often used as an ingredient for chopsuey, lumpia, meat stew, and bachoy or tinola, as a substitute for green papaya. It combines well with sauted amargoso.

RECIPES

Buttered Chayote

2 chayotes, medium	2 tablespoons butter

Boil chayote, then peel; cut into small cubes. Add butter and pinch of salt to taste.

Chayote Omelet

1 chayote, small	Pinch of salt
2 eggs	

Slice chayote and cut into strips. Saute until tender. Add chayote to the beaten eggs with pinch of salt. Pour into a well greased skillet. Turn over to brown other side.

Sauted Chayote with Shrimps

2 chayotes, pared and diced	1/2 cup shelled shrimps
2 cloves garlic, bruised	1 cup shrimp juice
2 medium sized tomatoes, chopped	1 small branch of kinchay cut into pieces
1 onion, sliced	

Saute garlic, onions and tomatoes. Add shrimps, kinchay and chayote. Stir and add shrimp juice. Season with salt and pepper to taste.

Picadillo with Chayote

- 2 chayotes, pared & diced
- 1/2 kilo ground beef or pork
- 1 onion, sliced
- 1 cup rice water or plain water
- Garlic, bruised
- Pinch of salt

Saute garlic and onion; add meat and cook until tender. Add chayotes. When tender, add water and season with patis or salt to taste.

Chayote Salad

- 1 big chayote, boiled and diced
- 1 minced onion
- 1/4 head shredded cabbage
- 2 carrots, medium size, cooked
- 2 hard cooked eggs
- Dash of salt
- Mayonnaise
- Tomatoes
- Pepper

Mix chayotes, onion, cabbage, carrots cut in thin strips, salt, pepper and mayonnaise. Garnish with tomatoes and eggs. Serve on lettuce leaves.

Chayote with Pork and Shrimps

- 2 chayotes, pared and diced
- 1 tablespoon patis
- 1/4 kilo pork, boiled, cut into small pieces
- 10 shrimps, medium size, shelled
- 2 cloves garlic, pounded
- 1 small bunch of kinchay, cut coarsely
- 1 onion, sliced
- 3 tomatoes, chopped
- 1 cup shrimp juice

Saute garlic, onion and tomatoes. Add pork, shrimp and kinchay. Add chayote and cook for about five minutes. Season with patis or salt.

Raw Chayote Salad

- 1 big or 2 small chayotes
- 2 ripe tomatoes, chopped or sliced
- 1 onion, minced
- 2 tablespoons vinegar
- 1 tablespoon sugar
- Salt to taste
- A pinch of powdered pepper

Pare chayote; cut into eight pieces lengthwise, and slice thin or shave with vegetable peeler. Add tomatoes and onion, and mix with the dressing made of vinegar, sugar, salt and pepper.

Boiled Chayote with Cheese Sauce

1 or 2 chayote (boiled)
1 or two tablespoons grated cheese

Pare and cut into cubes. Cover with medium white sauce in which one or two tablespoons of grated cheese has been added.

Bachoy with Chayote

1/2 kilo variety meat (pork, heart, kidney, sweet bread and a piece of loin)
1 big or 2 small chayote
1 onion, medium size
1 cup pork blood
A piece of ginger — about one inch cube.
2 tablespoons fat
2 tablespoons patis
1-2 cups boiling water or broth of meat.

Cut the meat into small pieces. Pare and remove the seeds of the chayote and cut into 6 or 8 sections, lengthwise, then slice about 1/2 inch thick. Slice the onion; pare the ginger, slice and cut into strips. Saute the ginger and onion. Add the meat and stir. Cover and stew until tender. Add patis, and the blood cut into cubes. Then add the chayote. Add water and continue cooking until chayote is tender (15 to 20 minutes). Serve hot as soup or stew.

IX. CITRUS FRUITS

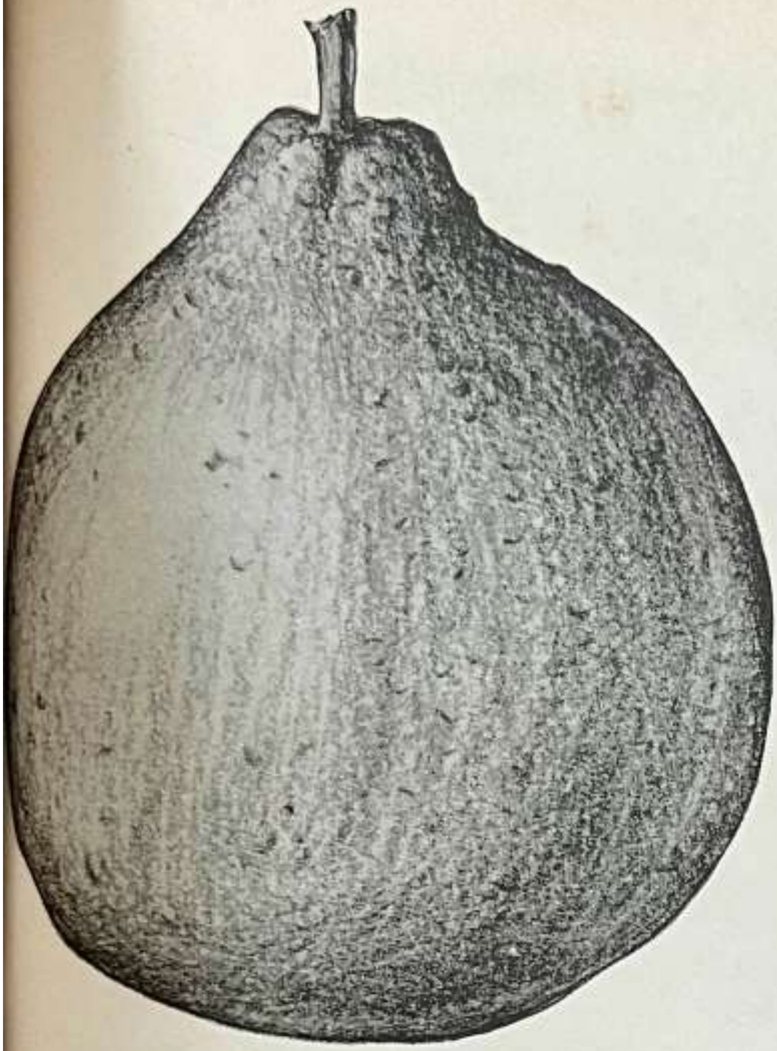
History: The most common citrus fruits in the Philippines are lime or dayap, pomelo or suha and orange or dalandan. These fruits are widely distributed throughout the archipelago. The trees bear fruit throughout the year and are plentiful, with the exception of pomelo and native oranges. The Everglades, Kusafes and Trinidad varieties are the standard varieties. A six-year-old Kusafe yields as many as 500 fruits a tree. The native varieties are of poor quality.

Description: Citrus fruits vary greatly is size and appearance. The calamansi is around one to two inches in diameter, the sintones from four to six inches, while the pomelo ranges from six to twelve inches in diameter. These fruits are thick, warty, with greenish to yellowish rinds. The flavors are strongly acid but pleasant. The fruits vary in size but are more on the oval side. The flesh of the calamansi is light orange, while that of the sintones ranges from light orange to dark orange. Some pomelos have white flesh and others have red, depending on the variety.

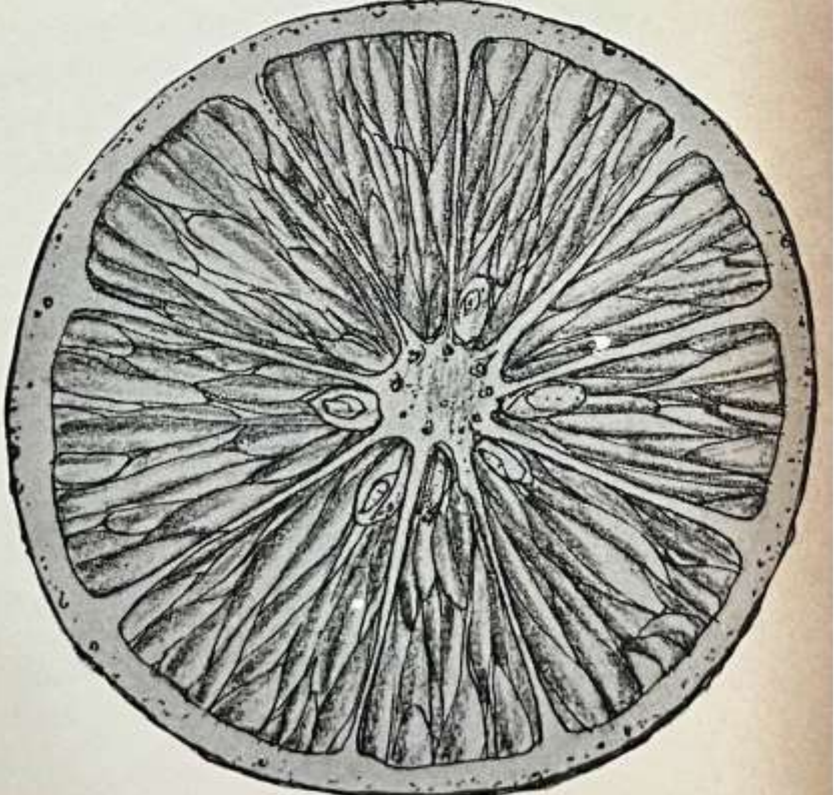
Nutritive Value: The calamansi juice is generally recognized as one of the best sources of vitamin C, besides containing some of the essential minerals. Sintones is a fair source of vitamins A and B.

Uses of Calamansi

1. As a substitute for vinegar or lemon,
2. As flavoring for all sorts of dishes,
3. As a substitute for cream of tartar,
4. Added to other fruit juices for making punch,
5. Added to other fruit juices lacking acid for making jelly.



Citrus Fruit



Calamansi-Pineapple Punch

3/4 cup calamansi juice	Sugar to taste
1 cup pineapple juice	Salt to taste
6 cups cold water	

Pour juice over cracked ice in a punch bowl. Add water, sugar, salt, and mix well. Serve cold.

Santol-Calamansi Punch

6 santol	Sugar to taste
10 cups cold water	A pinch of salt
3/4 cup calamansi juice	Food coloring (optional)

Pare santol fruit, remove seeds and chop fine. Soak chopped santol in cold water for 30 minutes. Stir and press to get as much juice out of it. Strain and mix with the calamansi juice and salt. Mix well and add food coloring if desired. Serve cold.

Iced Tea

2 cups water	Ice cubes
2 tablespoons tea, or 2 bags	Sugar to taste
2 tablespoons calamansi juice	

Boil water. Pour into a tea pot or bowl with tea. Allow to stand for three to five minutes. Remove the tea leaves. Put two pieces of ice cubes in a cup and pour tea. Add calamansi juice and sugar to taste.

Calamansi Punch

1/2 cup calamansi juice	1 cup sugar
1½ cups water	1 bottle shasta water

Strain the calamansi juice into a punch bowl. Add water and sugar; stir well and chill. Add shasta water; mix well and serve cold.

Calamansi Nip

Select fresh and matured calamansi. Wash and cut into halves. Squeeze and strain. Measure 1/2 cup of the strained juice and add 1 cup refined sugar. Stir with a wooden spoon until all of the sugar is dissolved. Allow the mixture to stand for three to four days, after which the oily layer separates. The clear syrupy lower layer is the calamansi nip. Siphon the clear layer and transfer it into another bottle and let it stand for two to three days more, when it is ready to be bottled.

If a thin layer of oil still forms on the top, siphon the calamansi nip again to eliminate the oil.

Ambrosia

- 1 small pomelo, sweet
- 1 small pineapple, fresh
- 1 cup grated coconut
- 3 bananas (optional)
- 1/2 cup sugar

Peel pomelo, remove seeds and pick the meat. Pare pineapple, remove eyes, rub with salt, wash and cut into chunks. Peel bananas and cut into cubes. Mix all the fruits together with coconut and sugar. Serve cold.

Calamansi Peeling for Flavoring

Remove all the pulp from the used calamansi. Chop fine. Use for flavoring puddings, cakes, custards, bibingka, cassava, etc.

Coconut-Calamansi Balls

- 1 cup water
- 3 cups sugar
- 1 cup mashed papaya
- 1 cup grated coconut
- 1 cup calamansi peeling, chopped fine
- Food coloring (optional)
- Toothpicks

Boil water and sugar. Add mashed papaya, calamansi peeling and grated coconut. Stir constantly to avoid burning. When thick, add food coloring, if desired. Pour mixture on a greased board to cool. Form into balls resembling small calamansi when cold enough to handle. Thrush toothpick in the middle and color the end with green color.

Christmas Balls

1½ cups sugar
1/2 cup water
1 cup grated coconut
1 cup calamansi peeling chopped fine

Make syrup of sugar and water. Add calamansi peeling and coconut. Pour on a greased board and form into small balls when cold enough to handle. Serve as dessert.

Calamansi Meringue

2 eggs whites
8-10 tablespoons sugar
1/ tablespoon calamansi juice

Beat egg whites, gradually adding sugar and calamansi juice. Beat until stiff and fluffy but not dry. Form into desired shapes on cookie sheet lined with wax paper. Bake at low temperature (250°F) until slightly brown and crisp for about one hour.

Calamansi Sherbet with Marshmallow and Mango

20 marshmallow balls
6 tablespoons sugar
1 can Nestle's cream
1 ripe mango
2-3 tablespoons calamansi juice

Cut the marshmallow into quarters. Place in a bowl. Add sugar, calamansi juice and Nestle's cream. Mix well. Add mango in small, thin slices. Mix well and freeze for thirty minutes.

Pangat with Calamansi

6-10 small flat fish (sapsap)
3 calamansi, big
1/4 cup water
Salt to taste

Clean fish, put in a sauce pan, add juice of three calamansi. Add water and salt to taste. Cook until tender. Serve with patis.

Adobo with Calamansi

3-6 pieces of pork
Pepper and salt to taste
3 tablespoons calamansi juice
1/2 cup water
3 cloves garlic
1 bay leaf (optional)

Season pork with salt and pepper. Put in saucepan. Add water, calamansi juice and boil. Add garlic, salt, pepper and bay leaf. Cook until tender. Serve with tomatoes and patis as sauce.

Fried Fish Soaked in Calamansi Juice

Fish, medium size
Calamansi juice
Coarse salt

Clean fish. Remove scales, gills and internal organs. Rub with salt and wash. Soak in calamansi juice with a little salt. Let stand for a few minutes. Fry until golden brown.

Adobo Crabs (Alimango) in Calamansi Juice

3 to 6 female crabs or male
  and female combined
3/4 cup calamansi juice
6 to 8 cloves garlic, bruised
Pepper and salt to taste
4 tablespoonfuls fat

Separate the edible and inedible parts of the crabs. Save the red fat for sauce. Divide each crab into quarters and clean well. Place in a saucepan with calamansi juice, garlic, pepper, and salt to taste. Boil until crabs are cooked. Add fat.

The red fat that has been saved should be prepared as follows: Stir or beat the fat until smooth. Add equal amount of water and enough calamansi juice, and salt to suit the taste. Cook in a double boiler until thick. Serve with the crabs.

Candied Orange, Lemon or Gragefruit Peel

Cut the peel into halves or quarters. Soak in salted water overnight (1 tablespoon salt to 1 quart water). Drain and wash thoroughly. Simmer in clear water, changing the water 3 or 4 times until there is no bitter taste. When the peel is tender, drain. Cut into strips or add whole to the syrup (2 cups sugar, 1 cup water and 1/3 cup light Karo syrup). Simmer until the peel is transparent. Allow the syrup to boil until it spins thread. Drain from the syrup and roll in sugar (granulated). Allow to dry before packing for future use. Or the peeling may be packed with the thick syrup in a sterilized jar.

X. COCONUT

History: The coconut is not a native of the archipelago but it has apparently been introduced here during prehistoric times. It is never found wild in the Philippines.

Description: The coconut is the large one seeded fruit of the coconut palm. The endosperm within the nut is the edible portion. A fibrous husk encloses the hard brown shelled nut which is four or five inches in diameter. After being fertilized the hollow interior of the shell becomes filled with sweet water. The spherical fruit gradually increases in size from four to eight inches in diameter. The endosperm at first is an opaque, jelly like substance formed in the interior walls of the shell. It gradually absorbs the water in the shell and obtains a firm thickness of from .25 to 0.5 inches. This is known as coconut meat.

In the early stages the meat is soft and jelly like and is known as spoon coconut because it is usually eaten with a spoon. This is commonly called "buko." Later the meat becomes crisp and firm. In this stage the watery liquid from within the coconut is called "water" and the juice obtained from squeezing the grated meat is called "coconut milk."

Some plants produce abnormal fruits known as "makapuno." In the makapuno the whole interior of the nut is occupied by a soft rather than firm tissue, quite different from the hard firm flesh of the normal meat. This abnormal nut does not germinate. The makapuno is considered a delicacy and commands a much higher price than the normal coconut.

Nutritive Value: Water from immature coconut has been shown to contain as much calcium as some fruits and vegetables, if not more. The phosphorus content is variable and the iron content is negligible.

The immature coconut contains from 300 to 700 cubic centimeters of water.

The meat begins to form when the nut is about six months old. As the meat develops, the water contents of the nut gradually decreases, the fat and ash increases, and the protein and sugar content show less marked changes. The meat of mature coconuts contain relatively large amounts of crude fiber.

Coconut according to Sherman is a poor source of vitamin A but a good source of vitamin B_1 and G. The white meat from fresh mature coconut is a fair source of thiamine, but it contains no ascorbic acid. Coconut milk is a poor source of thiamine.

It is a well known fact that the present diet of the Filipinos is deficient in fat, proteins, and minerals for it consists mostly of a great portion of carbohydrates and a little of protein in the form of fish. Coconut, if added to the present diet of the Filipinos, will supply the much needed fat, proteins, and minerals.

Uses: Coconuts are used in different stages of ripeness. Spoon coconuts may be chilled and served, the meat to be eaten with a spoon and the liquid drunk with a straw. Halves of young coconuts with adhering soft meat may be used as individual containers of fruit cocktail.

Milk extracted from grated coconut meat may be used in place of cow's milk in curries, coconut puddings and frozen desserts. Coconut milk can be added to cooked chicken, fish or vegetables, towards the end of cooking process. It may also be added to bananas, bread fruit, sweet potatoes and gabi, and in baked or steamed puddings. Fresh grated coconut may be used in candy, cake icing and pies.

The water of the matured coconut is useful for making vinegar or for producing molds, that are used for preserves or sweets, called "nata de coco." The white crisp part near the tip of the stem together with the heart or bud called "ubud" has a very pleasant flavor that makes it a popular food item. It is an excellent ingredient for lumpia and makes a delicious pickle or relish. The coconut tree is a versatile plant with hundreds of uses, aside from the food that may be derived from its fruits and young leaves.

RECIPES

Nata de Coco

1 quart coconut water	2 tablespoons sugar
2 cups starter or mother liquor	1/4 cup acetic acid

Mix together, place in a garafon covered with clean white cloth, and set aside undisturbed for about 25 to 30 days.

Coconut Butter

4 cups coconut milk from two coconuts	Food coloring
	Salt to taste

Cool coconut milk in the refrigerator. Collect the fat that floats on top and place in a bowl. Place the bowl in another receptacle with ice to keep it cool. Beat with a rotary egg beater until water separates from the fat. Remove the water. Wash the fat with cold water several times. Add salt to taste. Add food coloring, if desired.

Coconut Butter Cookies

1/2 cup coconut butter	1 teaspoon baking powder
1 cup sugar	1/2 teaspoon salt
2 eggs unbeaten	1/2 teaspoon vanilla
2 cups flour	

Cream butter and sugar gradually. Add eggs one at a time, beating well after each addition. Sift flour with baking powder and add sugar and vanilla to creamed mixture, blending well. Drop from tablespoon on greased baking sheet. Bake in a moderate oven (375°F) until brown.

Coconut Meringue

- 2 eggs whites
- 8-10 tablespoons sugar
- 1/2 teaspoon salt
- 4 tablespoons toasted coconut made from grated coconut (milk squeezed out) with sugar toasted in a frying pan until brown and crisp (1 cup grated coconut with 3/4 cup sugar)

Beat egg whites until they hold a stiff peak. Add sugar, gradually beating constantly. Add vanilla, salt, toasted coconut. Drop by tablespoonfuls in baking sheet lined with wax paper. Bake in a slow oven (250°F to 300°F) until meringue is firm and delicately brown.

Coconut Paciencia

- 2 egg yolks
- 4 tablespoons sugar
- 6 tablespoons toasted coconut
- 1 teaspoon vanilla

Beat egg yolks very well and add sugar gradually. Add toasted coconut and vanilla and blend well. Drop on greased baking sheet from a teaspoon. Bake in a slow oven until golden brown.

Buko Delight

- 1/2 cup green corn chopped fine
- 1/2 cup water
- 1/2 cup sugar
- 1/2 cup buko, coarsely chopped
- 3 drops vanilla

Boil corn in water until tender. Add sugar and buko; continue boiling until thick. Add vanilla. Remove from fire and pour mixture in a mold. Cool before serving.

Coconut Cookies

- 1/2 cup shortening
- 1 cup sugar
- 1 egg
- 1 cup coconut (grated)
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 1/2 teaspoon salt

Cream shortening and sugar. Add egg and coconut. Mix well. Add flour sifted with baking powder and salt. Beat well. Add vanilla and stir. Drop by teaspoonfuls in baking sheet. Bake in moderate oven until brown.

Masapan de Buko

2 cups ground or chopped buko (young coconut)	1½ cups sugar
1 cup milk, evaporated	3-6 egg yolks
	1 cup all purpose flour

Mix buko, milk, sugar, flour and egg. Cook until thick with stirring. Form into balls or place in small paper boxes. Bake in moderate oven until brown. Brush with butter when done.

Buko Sherbet

3 cups buko	4 cups milk, evaporated
4 cups coconut water	2 cups sugar

Mix all ingredients and freeze.

Coconut Brittle

1 cup grated coconut, toasted with one third cup sugar	1 cup sugar

Melt sugar in a copper vat over moderate heat. Stir constantly, until melted. Add toasted coconut and stir. Pour on a greased board. Cut into desired pieces when partly hardened. Wrap in wax paper.

Coconut Hotcake

1 egg	1 teaspoon sugar
1 cup coconut milk	2 teaspoons baking powder
1½ cups all purpose flour	1/4 teaspoon salt

Beat eggs, add milk and flour sifted with baking powder, sugar and salt. Drop by kitchen spoonfuls on a greased pan. Turn when bubbles appear. Serve with coconut honey or syrup.

Coconut Honey

1½ cups pure coconut milk	1/2 cup Karo syrup (red label) or 2 tablespoons lime juice
2/3 cup brown sugar or one panocha	

Mix coconut milk, sugar, and Karo syrup. Cook in a saucepan over a low fire. Stir constantly while cooking. Cook until it reaches a temperature of 105°C or when it falls in a mass when dropped from a spoon.

Coconut Wafer

2 tablespoons shortening
1½ cups all purpose flour
2 tablespoons sugar
2 tablespoons coconut milk
1/2 teaspoon vanilla
1/4 cup coconut, toasted

Cream shortening; add sugar and continue creaming. Add flour gradually, alternating with coconut milk. Add vanilla and mix well. Line greased baking sheet with paper and spread on it a thin layer of mixture. Sprinkle toasted coconut over it and bake in moderate oven until brown.

Coconut Pastillas

1 cup grated coconut
1¾ cups sugar
1 cup powdered milk
1 whole egg, beaten (optional)
1 teaspoon vanilla

Put all the ingredients in a saucepan or copper vat, stirring constantly while cooking. Continue cooking until it is stiff enough to roll. Transfer to a board sprinkled with powdered milk and roll to 1/2 inch thickness. Cut into strips one and a half inches long. Wrap strips in white or colored paper.

Coconut Balls

4 cups coconut, grated and chopped fine
2 cups sugar
8 tablespoons calamansi skin chopped fine (Chopped nanka, pineapple, lime peel may be used instead of calamansi peeling.)

Cook coconut and sugar in a saucepan or vat, stirring constantly while cooking. When half done, add calamansi or its substitute. Continue cooking until it can be formed into balls. Wrap in wax paper.

Coconut Drops

2 egg whites
3/4 cup powdered sugar
1/2 teaspoon lemon extract
1-1/3 cup grated coconut

Beat egg whites stiff; add sugar and continue beating. Then add lemon extract, and enough coconut to make it as thick as can be easily stirred with a spoon. Drop on greased paper and bake at (360°F) for 10 minutes.

Buko Soft Drink

3 cups buko (scraped)
9 cups coconut water
2-3 cups sugar

Mix all ingredients. Add ice cubes or chill before serving.

Coconut Pineapple Masapan

2 cups grated coconut, chopped fine
1 cup pineapple, chopped fine
1 small can evaporated milk
1/2 cup coconut milk (rich)
2 cups sugar
2 egg yolks, beaten lightly
1 tablespoon flour
2 tablespoons evaporated milk

Mix coconut, pineapple, evaporated milk, coconut milk and sugar. Cook in a saucepan. Stir constantly while cooking. When the mass reaches the consistency of a thick jam, remove from fire and cool. Add egg yolks, flour and mix well. Continue cooking until the mass no longer sticks to the finger when touched. Fill paper box 1" x 1" and brush top with slightly beaten whites to which was added about two tablespoons evaporated milk. Bake until brown in moderate oven.

Coconut Royal Bibingka

2 cups flour
1/2 teaspoon salt
1 cup sugar
3 teaspoons baking powder
1 cup milk, coconut
3 eggs
Butter and cheese

Sift and measure dry ingredients. Add half of milk to sugar until well dissolved. Add the rest of the liquid to sugar mixture alternately with the sifted dry ingredients. Beat eggs until thick and add to the mixture by cutting and folding. Line pie pans with banana leaves. Pour the mixture two-thirds full. Bake in a moderate oven. When partly brown, brush the top with butter and spread grated cheese and bake again until done.

Buko Surprise

1 clove garlic, pounded
2 tablespoons fat
1/4 cup pork cut in strips
1 cup buko, cut in strips

1 tablespoon green onion, chopped
4 regular sized tomatoes
1/2 cup sauce
Salt and pepper to taste

Saute garlic, onion, shrimps and pork. Season with salt and pepper. Add buko and green onions and set aside. Cut a round opening on the stem of tomatoes; remove seeds, drain juice, and stuff with prepared mixture. Cover top with coconut sauce.

Sauce

1 tablespoon fat
1 teaspoon corn starch
1 teaspoon salt
1/2 cup coconut milk

Heat fat and add cornstarch. Stir well, season. Add coconut milk and stir continuously until it boils and the sauce thickens.

Buko with Bagoong

2 tablespoons coconut oil or fat
1/4 onion, sliced
2 tablespoons bagoong
1 tablespoon pork cut into pieces
1/2 cup pork stock or broth
1/2 cup string beans, sliced
1 cup buko, cut into pieces
1/2 cup coconut milk
1 clove garlic, pounded
Salt and pepper to taste

Saute garlic, onion, pork, and bagoong. Continue sauteing until pork is brown. Add stock and boil. Add string beans and cook until tender. Add buko coconut milk, and boil again. Season with salt and pepper. Remove from fire. Serve hot.

Buko Salad

2 cups buko (malakanin) grated with macapuno grater
1/2 cup boiled ham, cut in strips
1/2 cup sweet pickles
1/4 cup shrimps, boiled and cut into pieces
1/2 cup diced carrots, cooked
1 cup mayonnaise

Mix all ingredients. Garnish, chill, and serve on lettuce leaves.

Pansit Buko

1 segment garlic, pounded
1 small onion, sliced
1/2 cup shrimps, sliced
1/2 cup pork parboiled and sliced
1/4 cup shrimp juice
3 cups buko, grated with macapuno grater
3 calamansi, cut in halves crosswise
1 teaspoon toyo
Salt and pepper
Sliced green onion
Kinchay

Saute garlic, onion, shrimps and pork. Add shrimp juice and boil. Add kinchay; continue cooking until tender. Season with toyo, salt and pepper. Add buko and mix well. Serve with calamansi in halves.

Buko Lumpia

2 cloves garlic, pounded
1 onion medium size, sliced
1/2 cup shrimps, cut into pieces
1/2 cup boiled pork, sliced
1 cup cabbage cut in strips
2 buko, cut in strips
1/2 cup sincamas, cut in strips
1/2 cup pork or stock shrimp juice
2 tablespoons fat
4 cup sliced green onions
Toyo to taste

Saute garlic, onion, shrimp and pork. Add toyo and cook one minute longer. Add shrimp juice. Boil five minutes. Add cabbage, sincamas and buko. Cook until tender. Add pork stock. Continue cooking 5 minutes longer. Cool partially before wrapping. Line lumpia wrapper with lettuce leaf. Serve with sauce. See the recipe for lumpia sauce in Appendix C.

Tinomok

2 coconuts, not very much matured (malakanin) or 4 cups chopped grated coconut
3 cups shrimps, chopped fine
3 cups pure coconut milk
2 cloves garlic, chopped
Salt to taste
Squash leaves, young
A piece of ginger, chopped

Chop the grated coconut. Mix with the fine chopped shrimps. Add ginger, garlic and onions. Wrap mixtures in squash leaves; tie with small string. Line bottom of pot with more squash leaves. Boil wrapped mixture in the coconut milk with moderate heat until almost dry. Serve hot or cold.

Guinatan

1 coconut
2 cups water
1 cup sugar
1 cup langka shredded
2 gabe or equal amount of ubi
3 camote
5 bananas, saba

Grate coconut. Extract milk, and set aside. Add two cups water to grated coconut to get second extraction. Boil diced camote, gabe, and bananas in diluted coconut milk; add langka and sugar. Stir occasionally until done. Add the rich coconut milk before removing from fire.

Makapuno Sweet

1½ cups shredded makapuno
1 cup sugar
Lemon rind to flavor

Combine the makapuno and sugar and cook over medium heat until the mixture thickens. Pour in an enamel plate to cool. Then cut to desired pieces.

Buko Ice Drop

1 buko meat and water
1 small can evaporated milk
1/2 cup sugar

Shred the buko. Add all ingredients and stir until sugar is dissolved. Put in the tray in the refrigerator. When half frozen, stir and allow to set.

Coconut Brittle

1½ cups grated coconut
1 cup sugar

Toast the grated coconuts until brown. Set aside. Melt the sugar over slow fire and when almost ready to form a hard ball (almost caramelized), add the toasted coconut. Pour over a wet board. Allow to cool and cut to desired pieces.

XI. CORN

History: In the Philippines, corn is known as mais. It was first planted in the Philippines in 1514 by the members of the Villalobos expedition that explored the archipelago before its conquest under Legaspi thirty years later. They brought it from Mexico as food. It is now raised rather extensively. In Cebu, it takes the place of rice as the staple article of the diet.

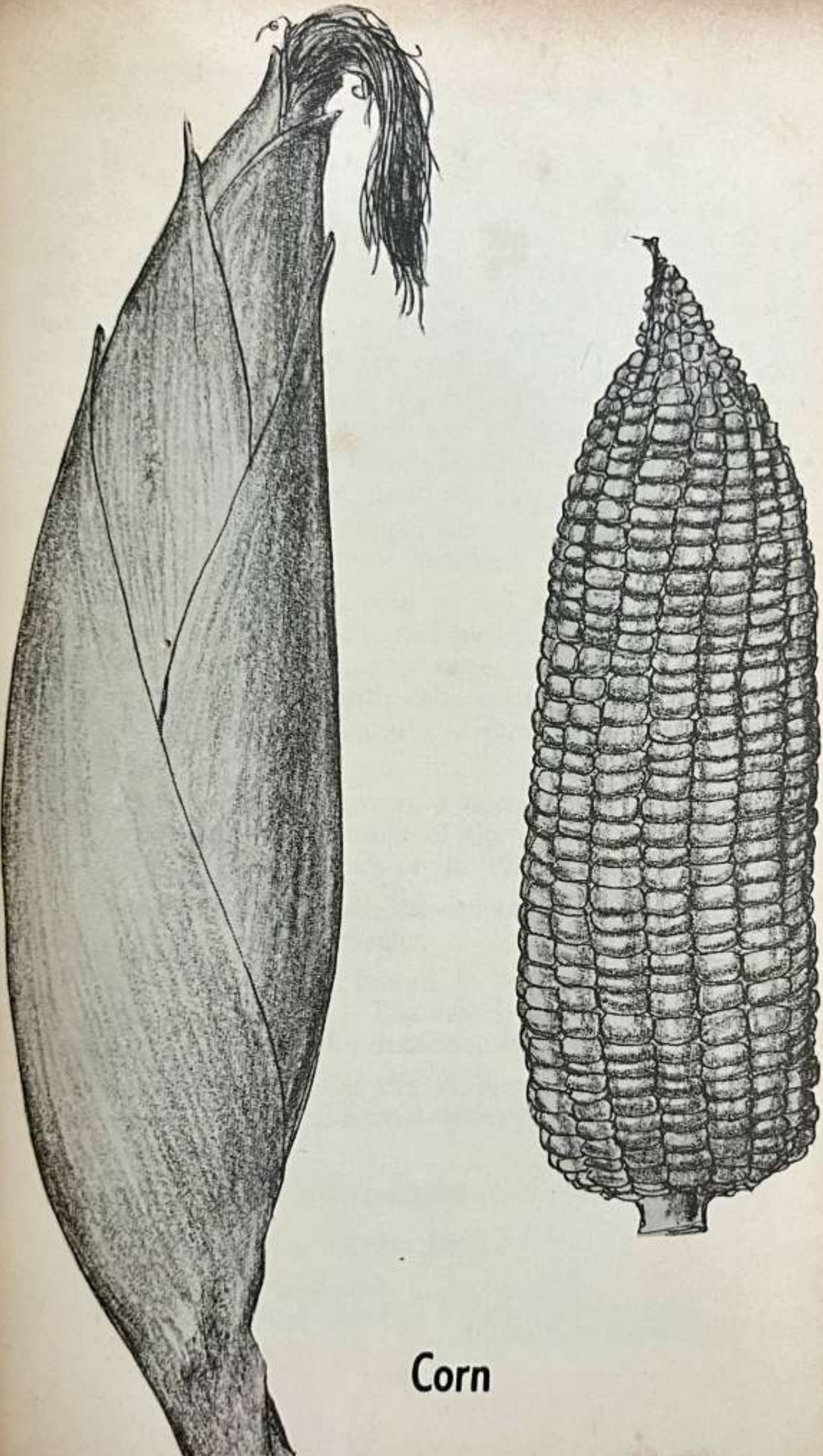
Description: The corn ear is the storehouse of the maize plant where its young grains are produced. The ear is also a storehouse of starch, protein, oil, and other products that are essential in the development of the plant.

When a kernel of corn is split, it will be found to consist of three parts — a hard horny hull, a small germ at the point and a white body. The hull forms a sort of bran; the germ yields oil and the white body gives starch and gluten. Since corn lacks gluten it cannot be used alone in making light bread. Corn is exceedingly valuable food for the humans and for livestock.

A certain corn recipe called "hominy," a preparation of matured corn in which the corn is soaked in lime water in order to remove the hull, has been found to be a good means of increasing the calcium content of corn.

Nutritive Value: According to Concepcion, corn contains the following nutrients: Protein (9.88%); Fat (4.18%); Carbohydrates (71.95%); Fuel value per 100 gms. (365.95 calories).

The vitamin content of corn is variable. Vitamin A is present mainly in the outer part of the endosperm which is associated with the yellow color, especially of yellow corn. Like in yellow corn, the yellow grain found in the white corn contains more vitamins than the white grain in the same corn. Vitamin D is lacking.



Corn

Maize supplies sufficient Vitamin E when it forms 20% of the diet.

In the Philippines, corn is often eaten roasted or boiled. Either the immature or mature ears are prepared in this way. In certain parts of the Philippines where corn is mostly used, the grain is ground coarsely and used more as rice would be. A large variety of products is obtained from corn. The embryo is rich in oil which is widely used for cooking and for salad. The product left after the oil has been pressed out is used in the manufacture of glucose and its derivatives, and dextrine products. Corn starch is widely used for a number of purposes in cooking, as in the making of desserts and in thickening gravy, soups, etc. Corn starch has the advantage of being almost tasteless.

Glucose is widely sold as the corn syrup of commerce, a thick syrup obtained by hydrolysis of starch by an acid. Glocose is not as sweet as cane sugar. It is used in combination with cane sugar and maple syrup, and also in the manufacture of jams, jellies, and other sweets.

According to Guerrero, a decoction of the fresh or dried stalks as well as that of the stigmas is a diuretic much used by the natives of the Philippines.

According to Burkill, the decoction of the pith of the cob is good for stomachache.

The young cob is known to be diuretic, owning to its potassium content. The tassel has been used since time immemorial in the decoction of diuretics.

In some regions of the Philippines, where there is scarcity of rice, corn is mixed with rice in cooking.

RECIPES

Corn Jam

1 can corn or equivalent amount of boiled grated fresh corn
1 cup sugar
1 cup thin coconut milk
1/2 cup thick coconut milk

Grate coconut and squeeze juice. Add thin coconut milk to sugar. Mash corn and strain. Mix strained corn with coconut milk and sugar. Cook mixture until it thickens, stirring constantly. Add thick coconut milk and stir again until thick. Remove from fire and serve cold.

Corn Pudding

- 2 cups milk
- 2 cups canned or fresh boiled corn
- 2 tablespoons butter
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 to 3 eggs, well beaten

Combine milk, corn, butter, sugar, egg and seasonings. Turn into greased casserole and bake in a moderate oven (350°F) for about forty-five minutes or until the pudding has set. Allow to cool and serve.

Corn Puto

- 2 cups corn (not the sticky one) not quite matured
- 4 tablespoons sugar
- 4 teaspoons baking powder
- 4 tablespoons coconut milk (thick)
- 2 tablespoons melted butter

Scrape kernels from cobs and grind. Strain through coarse wire strainer. Add sugar, coconut milk, baking powder and melted butter. Mix well and pour into greased puto molds and steam from fifteen to twenty minutes. or until done.

Corn-Crabmeat Chowder

- 1 small onion, chopped
- 2 tablespoons minced green pepper
- 1/2 cup diced potato
- 1/2 teaspoon salt
- 1½ cups canned corn
- 1/2 cup crab meat
- 1/2 cup milk
- 2 tablespoons fat
- Dash of paprika (optional)

Saute onion and green pepper. Add diced potato, seasoning and boiling water until potatoes are partly tender. Add corn, crabmeat, milk and bring to a boil. Serve hot.

Maja Corn

2 cups grated and strained quite matured corn
2 cups sugar
4 cups coconut milk

Cook corn and coconut milk, over moderate heat, stirring constantly until thick. Add sugar and boil again until thick enough to set when cold. Serve with latic or coconut crisps.

Coconut Crisp

Roast 1 cup coconut from which the milk has been extracted with 2/3 cup sugar in a carajay. Stir continuously until brown and crisp.

Corn Guinatan

1 cup young corn (scraped from cob)
1/2 cup malagkit rice
3/4 cups coconut milk
1 cup coconut cream (first extraction)
1 teaspoon salt

Boil malagkit rice and corn in thin coconut milk. When cooked, add sugar and salt. Continue boiling until thoroughly cooked, stirring constantly. Just before removing from fire add the thick coconut milk or add 1 teaspoon for each serving.

Corn Soup

2 young ears of corn
1 tablespoon fat
1/2 cup milk, evaporated
1 small onion, chopped
1 clove garlic, bruised
Salt and pepper to taste

Saute garlic and onion. Add young corn which has been scraped from the cob. Add water and bring to a boil. When corn is tender remove from fire. Add milk and seasoning. Serve hot.

Corn with Shrimps and Pork

2 or 3 young ears of corn
1/4 kilo pork
6 shrimps, medium
2 tablespoons fat
2 segments garlic, pounded
3 cups water
Malunggay leaves or pepper leaves
Salt and pepper to taste

Saute garlic. When brown, add pork, shrimps, and corn which has been scraped from the cob. Add pepper and salt to taste. Add water and boil until pork is tender. Add malunggay leaves and heat for 5 minutes more. Serve hot.

Corn Pancake

- 2 cups boiling water
- 1 cup cornmeal
- 1 tablespoon sugar
- 1 teaspoon salt
- 1½ cups milk
- 2 cups shifted flour
- 1 teaspoons baking powder
- 2 eggs, beaten

Pour boiling water over cornmeal, sugar and salt, and mix well. Let stand until cornmeal swells. Add milk and let stand until cool. Sift flour and baking powder and add the corn mixture. Fold in the well beaten eggs. Pour a little of the above mixture on a hot griddle or frying pan and cook like hotcake. Serve with syrup or butter and sugar.

Corn Pastillas

- 1 cup shredded grated young corn, boiled, mashed and strained
- 1½ cups powdered milk
- 1½ cups sugar
- 2 tablespoons lemon rind (optional)
- 1 cup water or evaporated milk

Mix corn, milk and sugar. Add water and cook over a slow fire. When thick, add lemon rind. Remove from fire when already dry. Knead and roll on board sprinkled with powdered milk. Cut into strips and serve wrapped or unwrapped.

Scalloped Corn

- 1 cup milk
- 1 can or two cups young boiled corn
- 1 cup bread or cracker crumbs
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons butter

Place alternate layers of corn and bread crumbs in a greased baking dish, adding butter, and seasoning to each layer. If desired, one tablespoon sugar may be added. Pour on the milk and bake for 1/2 hour.

Corn Souffle

1 cup fresh young corn, scraped from the cob and boiled
1 cup white sauce
3 eggs, separated
1/2 teaspoon salt
Dash of pepper

Add the well beaten egg yolk to the sauce and fold in the corn. Fold in the stiffly beaten egg white and place in buttered baking dish. Set the dish in a pan of hot water, and bake in a moderate hot oven (350°F) thirty to forty minutes.

White Sauce for Souffle

1 cup milk
3 tablespoons flour
1/2 teaspoon salt
2 tablespoons butter

Melt butter in a saucepan and stir in the flour and salt. Add scalded milk and stir until the mixture thickens. The white sauce may be made in a double boiler or directly over the flame. If the latter method is used, care must be taken that the product is not scorched.

Stuffed Green Peppers with Corn

6 green peppers
2½ cups fresh young corn
1 onion, chopped
1½ cups meat, chopped or ground
1 cup meat stock thickened with two tablespoons flour
1½ cups breadcrumbs
1/2 teaspoon salt
Dash of pepper

Remove the tops and seeds from the peppers and parboil for about two minutes. Remove from the water, and drain well. Stuff peppers with a mixture of corn, onion, meat, breadcrumbs, thickened stock mixture and seasoning. Bake in moderate oven for twenty-five to thirty minutes.

Corn Chowder

1 cup fresh corn
1½ inch cube salted pork, diced
1 onion, sliced
2 tablespoons butter
2 medium size potatoes, sliced
1½ cup milk (3/4 cup evaporated and 3/4 cup water)
Salt and pepper to taste

Fry salted pork, onion, corn and potatoes. Add one cup boiling water and cook until vegetables and meat are tender. Add milk, butter and seasoning. Serve hot.

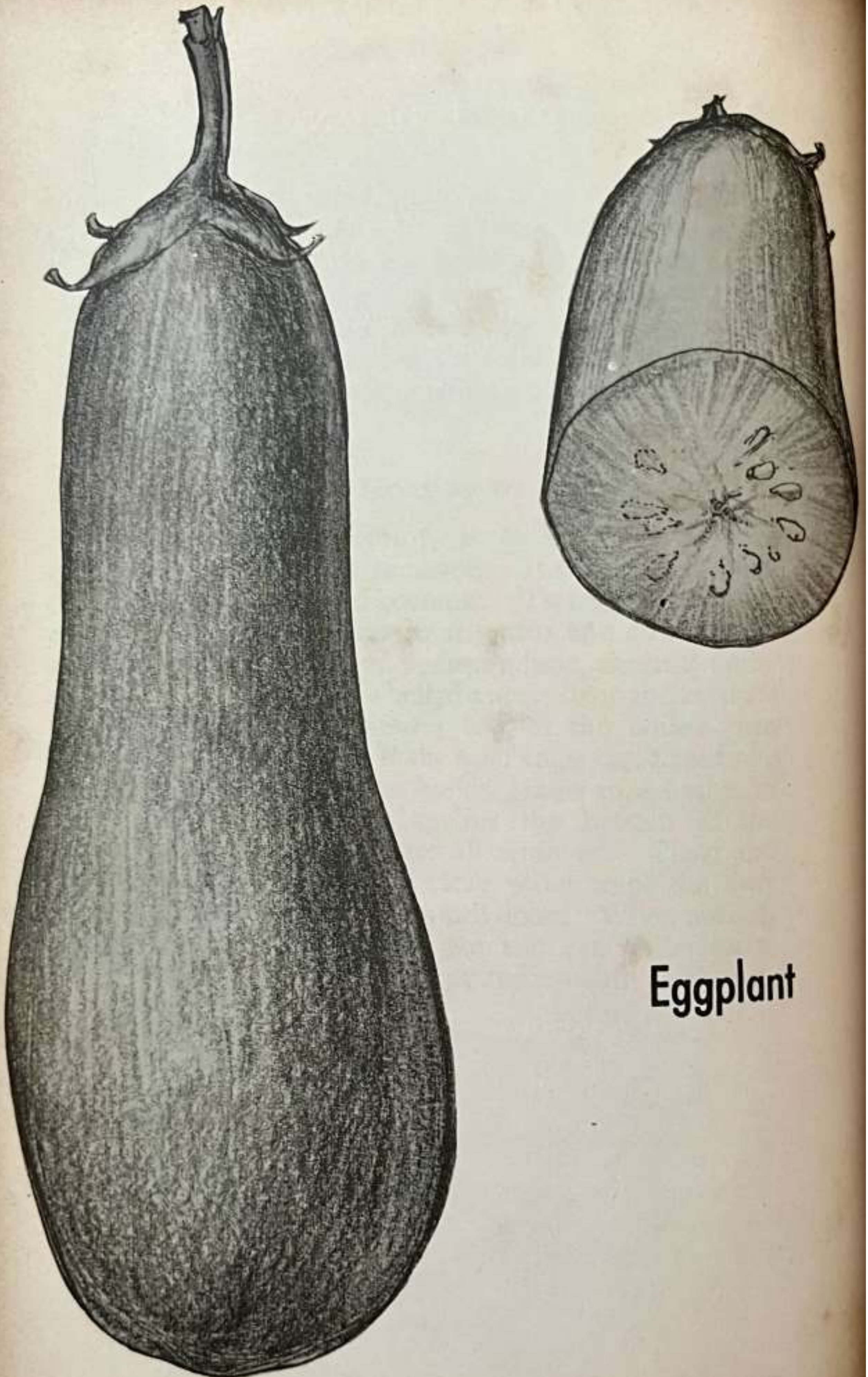
Corn Oysters

2 cups corn pulp
2 eggs
4 tablespoons flour
2 tablespoons fat
Salt and pepper to taste

If fresh corn is used, grate it from the cob with a coarse grater. If canned corn is used, select one of the sieved varieties. Beat the egg yolks and white separately and add the yolk to the grated corn, with flour, fat, salt and pepper. Fold in the beaten egg white. Drop the butter from a spoon into hot fat (300°F-370°F) and fry light brown 2 to 3 minutes. Drain on soft paper. Serve hot with meat or fish.

Preparation of Hominy or "Binatog"

Binatog or corn hominy, is boiled matured corn grains with the seed coat removed. It is palatable when eaten with salt and grated coconut. To prepare hominy, place in a pot (caldero) matured grains and add enough water to cover them. Add ordinary lime, about 2 tablespoons for every ganta of shelled corn. Stir the mixture thoroughly and boil. Press a few of the boiled corn grains with the fingers. If the seed coats can already be removed easily, transfer the boiled grains in a basket to cool. Press or rub them against the bottom of the basket until the seed coats are all removed. Clean and wash thoroughly with fresh, clean water until the limy smell is removed. Boil again until done. When cooked, removed the grains from the pot and eat while warm, with grated coconut and salt or grated coconut and sugar.



Eggplant

XII. EGGPLANT

History: The eggplant is probably a native of Southern Asia where, since remote antiquity, it has been cultivated for its fleshy fruit. This plant is cultivated throughout the Philippines and is one of the most common vegetables. The most generally cultivated kind is often called native eggplant. It is small and elongated. Round forms, both large and small are also grown.

Description: Eggplant is a fleshy, oblong berry, green when young, burning purplish at maturity. The fruit turns yellowish when over-ripe. The fruit usually measures from twenty-one to twenty-three centimeters in length at maturity. Inside the fruit are found numerous small seeds.

Good eggplants are firm, smooth and uniform. If possible, eggplant should be cooked immediately after being cut, since the cut surface darkens on exposure to the air. Soaking in water or sprinkling the contents with salt will prevent darkening but may reduce the thiamine content. When eggplant is precooked before combining with other vegetables, boil it in the skin so as to preserve as much of the flavor and nutritive value as possible. The skin is edible, but if it detracts the appearance of the dish, it may be removed after boiling. The skin may also be removed before cooking with a vegetable parer.

Nutritive Value: The eggplant is a poor source of Vitamin A, a fair source of thiamine, and has little or no ascorbic acid. Its value lies in its bland flavor which makes it combine well with a number of other vegetables.

Uses: Eggplant combines well with some vegetables. It is widely used in salads and in many recipes calling for meat and fish. The immature fruit is of very popular use, both fried and as an ingredient for stews. It may also be pickled.

Eggplant with Curry Powder

- 4 medium sized eggplants
- 1/2 cup coconut milk
- 1/2 cup crab meat or shrimps
- Salt and pepper to taste
- 1 tablespoon curry powder

Broil or boil the eggplants and set aside. Grate coconut and extract juice or milk. Boil the shrimps or crab. Remove meat of crab and set aside. Peel the eggplant, removing the stem, and cut into pieces. Arrange on a pyrex dish, put crab meat and shrimps over with seasoning.

Cook coconut milk, salt with curry powder, and pour eggplant over in pyrex. Bake in a moderate oven. Serve hot.

Eggplant Guinatan

- 1-3 eggplants
- 1/4 kilo meat or pork, grounded
- 1/2 shrimps, shelled
- 1 cup coconut milk, diluted
- 1/2 cup coconut milk undiluted
- 2 tablespoons fat
- Garlic and onion
- Salt and pepper to taste

Shell shrimps; slice the onion and mince the garlic. Saute and add ground meat. Salt and pepper to taste. Add juice of grated coconut and boil. Slice the eggplant diagonally and add to the mixture. When almost done, add the first extract of coconut milk and remove from fire. Serve hot.

Talong Relleno

- 3 eggplants
- 2 duck eggs
- 1 onion, minced
- 1/4 kilo ground meat
- Fat for frying
- Pepper and salt
- 2 cloves garlic, pounded

Saute garlic, onion and ground meat. Season and set aside when cooked. Boil or broil the eggplants. Blanch the eggplants, if this is preferable to boiling or broiling. Split with a fork. Sprinkle with salt and pepper. Cover with ground meat. Pour sufficient beaten eggs to cover the top and fry in fat.

Eggplant Omelet

3 eggplants	Salt and pepper
1 duck egg or 2 chicken eggs	Fat for frying

Boil eggplants and set aside to cool. Beat the egg stiff. Remove skin of eggplants, open; press with a fork. Sprinkle with salt and pepper. Dip in well-beaten egg and fry both sides until golden brown. Serve hot with catsup.

Eggplant with Bagoong

2 medium-sized eggplants	Cooking oil and garlic
Onion, salt and pepper	

Boil the eggplants or place on top of cooked rice during the steaming process. Saute the garlic and onion in a small amount of fat. Add bagoong and allow to boil. Remove from fire. Add vinegar to suit the taste and serve with eggplant.

Fried Eggplant

2 eggplants	Fat for frying
1/4 cup toyo	Calamansi juice

Wash eggplant and cut lengthwise in quarters. Heat fat and fry until golden brown. Remove from fire and season with toyo and calamansi juice. Serve hot.

Pickles with Eggplant

1/2 cup cabbage	1 eggplant
1/2 cup carrots	1 cup papaya (green grated)
1/3 cup beans	Sugar, salt and vinegar

Blanch all vegetables which have been cut to desired size. Boil sugar, vinegar and salt. Drain vegetables and put in boiled vinegar and cook for 3 minutes. Remove from fire and put in bottles. Serve as relish.

Eggplant Roma

4 medium sized eggplants
1 eggs, beaten
1 teaspoon salt
1/4 cup grated cheese
1 can tomato sauce
4 tablespoons minced onion
6 tablespoons fat or oil

Cut eggplant crosswise in slices. Dip slices in the beaten egg to which salt has been added. Fry until brown. Arrange in a pyrex dish. Sprinkle with grated cheese on top and in between. Pour the tomato sauce on top with minced onion and bake in a moderate oven (375°F) for 25 minutes.

Pinakbet

2 eggplants
2 amargosos
2 ripe tomatoes, big
2 tablespoons bagoong
2 cloves garlic, bruised
1 onion, sliced
2 tablespoons fat
Salt and pepper to taste

Cut eggplants and amargoso in one and one half inch lengths and divide in even slices into quarters. Saute garlic, onion and tomatoes. Add bagoong. When boiling, add amargoso and eggplant. Remove from fire when tender. Add little broth or water if desired.

Eggplant Salad

4 medium size eggplants
1 duck egg (optional hard cooked)
2 medium-sized ripe tomatoes
1 small onion, chopped
Dressing made of —
2 tablespoons white vinegar
1 tablespoon sugar
1 teaspoon salt
Dash of pepper.

Boil eggplant until quite tender. Remove the skin and press with a fork. Garnish with slices of egg and tomatoe. Add the dressing and serve cold.

Eggplant Sauce

3 boiled peeled and mashed eggplants
1 boiled gabi or 2 boiled saba banana, mashed
Dressing made of —
2 tablespoons white vinegar
1 tablespoon sugar
1 teaspoon salt
Pepper and pounded garlic to taste

Combine all and serve with puchero or stewed pork, beef or chicken.

XIII. GABI

Description: Gabi is a perennial aroid cultivated as an annual for its starchy tubers which are eaten like potatoes. The boiled leaves (preferably the young leaves) are eaten. It is an important root crop in the Philippines, ranking next to camote and ubi. The average starch content is about 18%, with considerable variation according to type.

Gabi usually contains sharp needle-like crystals of calcium oxalate and must be peeled and cooked carefully before eating. These crystals irritate the hands when the tubers are being peeled, ground, or macerated, as a preparation for cooking.

Gabi, as a rule, is mucilagenous or slimy and the settling of the gummy substance is almost impossible. The wash water is so viscous that these tubers become unsatisfactory as a source of starch. It is difficult for the small grains of the starch obtainable from gabi to settle to the bottom owing to the high viscosity of the wash water.

Nutritive Value: Gabi contains principally starch. But it also contains some minerals in small quantities such as phosphorus, calcium, and iron.

Uses: Gabi has a variety of uses. It can be used as vegetable—leaves, stems and tubers, all being edible. Gabi is used in some parts of the Philippines mainly as a source of carbohydrates. Gabi is used also as a dessert when prepared with sugar, sometimes with coconut, in the form of well-known Filipino delicacies.

RECIPES

Squid with Gabi

1 teaspoon minced garlic
1 tablespoon fat
5 pared gabi tubers
1 small onion, sliced
1 dozen squids
2 medium tomatoes, minced

Clean the squid. Saute garlic and onion; when lightly brown, add tomatoes. Add squid together with gabi and add one-half cup water. Season to taste, cover and let mixture simmer until done.

Gabi Gulay

30 gabi leaves with stems
1 onion, sliced
1 tablespoon bagoong
1 cup pork, cut into pieces or left over meat
A piece of ginger, sliced or pounded
Milk extracted from one coconut
Small shrimps
Salt

Tear gabi leaves into small pieces. Remove the outer covering of the stem and break it into two centimeter lengths. Grate the coconut and extract the milk by adding 3/4 cups water. Put milk in the cooking vessel; add the bagoong, ginger, onion, shrimps and pork. Bring to a boil with continuous stirring. Add the stems and later the leaves. Allow to boil without stirring until done.

Maja Blanca with Gabi

1 cup rice, ground fine
3 cups coconut milk
2½ cups sugar
A pinch of powdered anise, roasted and crushed
1 kilo gabi

Pare gabi and slice thin. Cover with water and boil until soft. Mash well and strain through a coarse strainer. Soak and grind the rice with one-half cup water. Mix ground rice, gabi, sugar, coconut milk and anise. Cook over moderate heat until thick and smooth, stirring constantly. Transfer to a greased plate and allow to cool. Serve with toasted coconut or with latik.

Gabi Croquettes

2 medium sized gabi, boiled
2 eggs
1 cup chopped pork
1/4 onion, chopped
2 cloves garlic, minced
Salt and pepper to taste
Fat for frying
1/2 cup bread crumbs (toasted)

Pare and mash the boiled gabi. Add well beaten eggs and onions. Season to taste. Form into balls the size of duck eggs; flatten on the palm. Place a tablespoon of sauted pork and form into round or oblong. Dip in slightly beaten eggs, then roll carefully in bread crumbs and fry in deep hot fat until golden brown.

Gabi Chips

1 medium size gabi
Fat for frying
Little salt

Pare gabi and wash in hot water. Slice very thin and soak in cold water. After a few minutes, drain well and fry in deep hot fat. Use as a substitute for potato chips.

Gabi Jam or Pastillas

2 to 3 cups mashed and strained boiled gabi
2 to 2½ cups sugar
1 cup rich coconut milk, or or evaporated or powdered milk

Mix all the ingredients and cook until thick and sticky, stirring constantly. Serve as dessert. If cooked very thick, jam can be rolled and cut like pastillas and may be wrapped in colored paper. Jam will keep for a considerable time.

XIV. GUAVA

History: Guava grows wild in all the provinces of the Archipelago, regardless of soil type and fertility. It thrives without cultivation in places where practically no other plants grow. The first Spanish expeditionary forces in the Philippines found the guava tree flourishing on all kinds of soil and under varying topography. Unfortunately, its food value and commercial uses were practically unknown to the people although the fruit has been known to them from time immemorial. Because of lack of knowledge of its food value and utility among the masses, the guava fruit has had no commercial bearing. The farmers cut guava trees for fuel purposes, using small twigs and leaves for smudging mango trees to induce flowering.

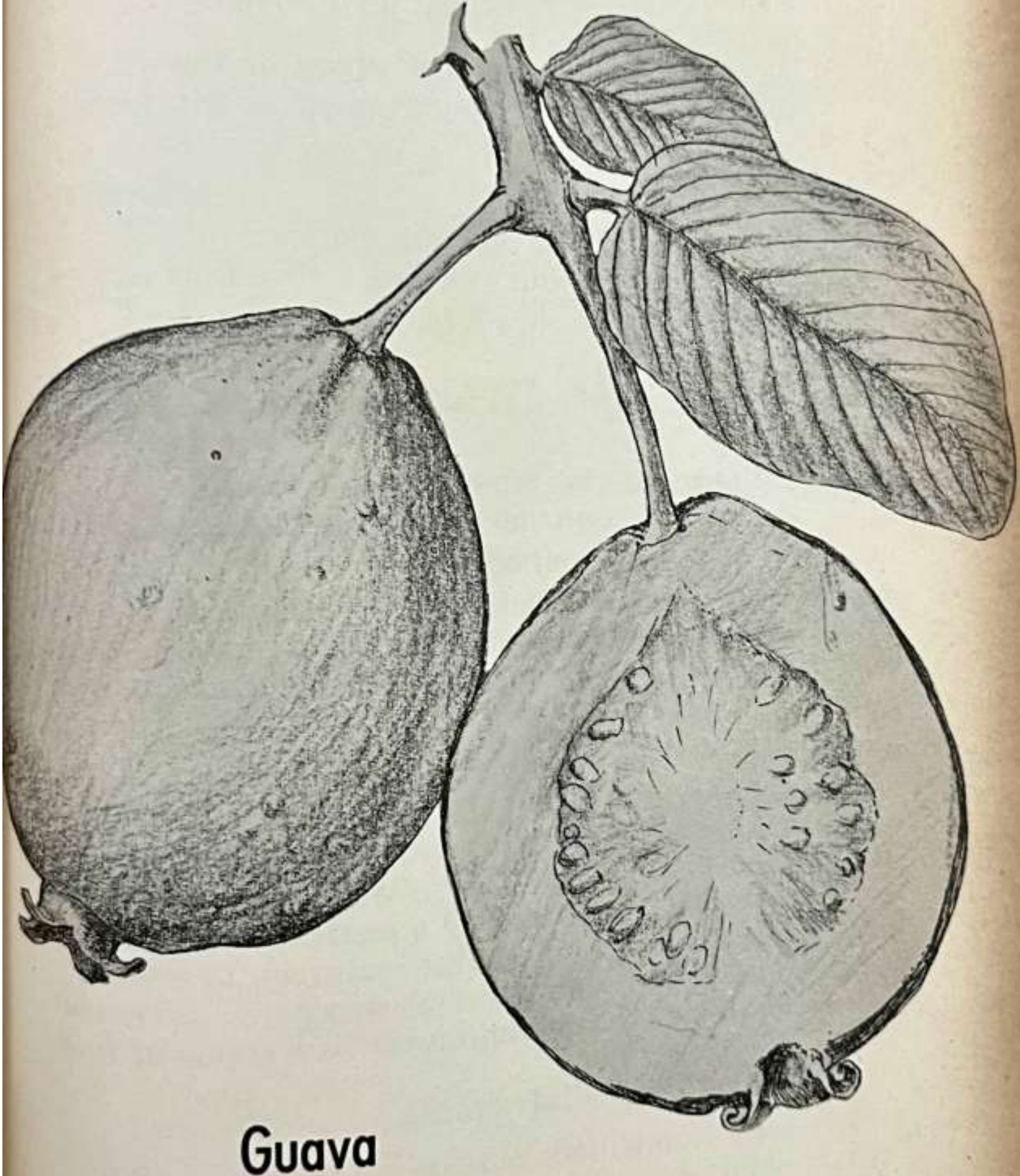
Description: The guava (Psidium guajava) is a common Philippine fruit. It is medium-sized, round or oblong, green to yellow, or deep purplish red fruit of 1½ to 3 inches in diameter. The thick rind may be smooth or rough, depending on the variety. The rind surrounds a mass of seeds imbedded in a firm, soft pulp. The fruit, although sub-acid to sweet in taste is wholesome, with a distinctive characteristic flavor.

Nutritive Value: Like other familiar Philippine fruits which are relished by Filipinos, the guava is a good source of iron, calcium, and phosphorus. However, four-fifths of the iron is in the seeds and, therefore, not utilizable.

It is an excellent source of vitamin C which is not destroyed even in the manufature of one of its important products, "guava jelly." In this preparation, the vitamin C is not destroyed even at the temperature of (106°C) to 110°C).

A number of factors affect the vitamin content of prepared guava products, namely:

1. The original ascorbic acid content of the guavas.



Guava

2. The quantity of water used in preparation of the product.

3. Contact or contamination with metals.

4. Exclusion or inclusion of air.

5. Length of storage.

6. Contact with light.

To obtain guava juice and pulp with high vitamin content, the following should be ovserved:

1. Use guavas of good quality, and prepare as soon as possible.

2. In cooking, use aluminum, stainless steel, or enamel kettles that are not chipped.

3. Cook sliced guava with enough water to nearly cover them.

4. Use a strainer that is free from copper or rust in draining pulp.

5. Fill for canning to the very top with the boiling hot product before putting on cover.

6. Put juice in dark bottle.

7. Use preserved products within a year because there seems to be a slow but definite loss of ascorbic acid (approximated 30%).

Uses: Guava juice is highly recommended for children and adults, as a cheap source of vitamin C. The guava fruit is generally eaten fresh and also appears in our common preparation called "sinigang." Ice-cold guava juice compares favorably with orange and tomato juices in flavor and in vitamin C contents. The most popular products of guava are jelly, butter, jam, marmalade and preserve. Guava paste when mixed with liquid guava jelly produces a semi-solid product known as guava loaf.

Guava Jelly

Sort and use one part of immature to one part of ripe guavas. This is purposely done to acquire the maximum pectin from the green immature guavas and the distinct flavor from the ripe ones.

To one kilo of guava, add two cups water and boil. Stir once in a while and cook until soft. Strain and measure the juice. To every quart (almost a kilo) of guava extract, add one pint of sugar (refined) and four tablespoons of calamansi juice. Bring to a boil and strain. Boil again until the jellying point is reached (108°C or 226.4°F).

In the absence of a thermometer, the following test may be used. Place one drop of boiling jelly in a saucer containing a small amount of water. If it solidifies immediately, the end point is reached.

Transfer the jelly while hot in clear, dry jelly glasses. Cool, cover with thin layer of melted paraffin. Cover, and store in cool, dry place.

About three glasses of ten ounce capacity may be made from the above recipe.

Guava Loaf

Mixture of guava jelly and guava paste. A mixture of equal amounts of green and ripe guavas is recommended. Cut the fruits into halves, and boil for thirty minutes with an equal amount of water. Reserve the juice for jelly making.

Pass guava residue through a fine "sinamay" cloth and measure the strained pulp. For every kilo of fine pulp, add one-half kilo of refined first or second class sugar and cook slowly in a wide vat, stirring constantly to prevent burning until a thick paste results. While hot, add an equal amount of boiling guava jelly and stir until thoroughly mixed. Pour the homogenous mixture into a bread pan previously coated with melted paraffin and then cool.

The guava loaf could be removed from pan by immersing it in warm water until the paraffin melts. Invert, remove the pan and set aside to cool. This preparation is one of the most popular.

Guava Juice

In the manufacture of guava juice, without the addition of calamansi juice, a mixture of equal amounts of ripe and green guavas is recommended to produce the maximum degree of acidity and flavor.

Remove the blossom ends. Wash fruits and cut into halves. Boil with twice the amount of water until the fruits are soft. Strain while hot and add fifty grams sugar to every liter of guava juice (approximately 5%).

Heat the mixture to simmering point 85°C (185°F) and strain. Transfer to sterilized bottles and pasteurize in a water boiler or water bath for thirty minutes at 85°C. Use sterilized corks and seal with the aid of melted paraffin, or sterilized crown caps.

In the preparation of guava-calamansi juice, only ripe guavas should be used. For every liter of guava extract, three tablespoons of calamansi juice and fifty grams of sugar are added.

Guava butter, marmalade, jam or guava loaf may be made from the remaining residue after straining off the liquids.

RECIPES

Sauted Guava with Coconut Milk

2 cups sliced guava
1/2 to 3/4 cup sugar
1 teaspoon salt
1 cup coconut milk
2 cloves garlic, bruised
1 tablespoon fat

Saute garlic, add sliced guava, sugar and salt. Cook. Add coconut milk and boil from three to five minutes more until guava is soft. Serve as dessert.

Guava Pie

2 cups chopped ripe guava
  without seeds
1 to 1½ cups sugar
1/2 cup flour
3 tablespoons butter or
  margarine
2 cups milk
1 tablespoon wine

Melt butter in a saucepan and add flour. Blend well. Add milk and stir until thick. Add guava and sugar. Flavor with wine.

Pie Crust

1 cup flour
1/3 cup shortening
1 teaspoon salt if fat is unsalted
3 to 4 tablespoons cold water

Cut in the flour, the shortening and salt. Add water, little by little, mixing with a fork until a stiff dough is obtained. Transfer to a board and roll thin and fit it to a pie pan. Finish the edge and prick the bottom with a fork. Bake at 425°F until golden brown.

Guava Pielets

4 tablespoons corn starch
3/4 cup sugar
1/2 cup chopped guavas
2 egg yolks
1 tablespoon lemon juice

Combine cornstarch, sugar, guava and salt in a saucepan, stirring constantly while cooking until clear and has thickened. Add egg yolks and beat well. Lastly, add lemon juice. Pour into a baked pie crust. See recipe above. Cover with meringue by heating 2 eggs whites and 4 tablespoons sugar until stiff.

Guava Jam

1 cup mashed and strained
cooked guava
1 tablespoon butter
1 cup refined sugar

Combine guava and sugar. Cook and stir until thickened. Add butter and allow to cool. May be used to fill cookies or serve as dessert.

Guava Filled Cookies

Guava filling
3/4 cup sugar
1 cup guava, mashed
1 tablespoon butter
2 tablespoons cornstarch

Make sugar cookies. For filling—Combine sugar, guava, and cornstarch, and cook until thickened. Add butter and allow to cool. Roll the cookie dough and cut into small rounds. Put a teaspoon of guava filling and cover it with another cookie dough. Press the edges and bake in a hot oven.

Aloha Punch (Hawaiian Recipe)

2 cups sugar
1 1/3 cups lemon juice
4 cups water
1 lemon
1 1/3 cup shredded pineapple
2 1/3 cups unsweetened guava juice
Grated rind of orange. Few drops of red coloring

Boil sugar and water for three minutes. Cool and add fruit juices and pineapple. Pour over cracked ice for serving.

Guava and Papaya Jam

4 cups cooked guava pulp
4 cups mashed papaya pulp
6 cups sugar
6 tablespoons lemon or calamansi juice

Combine fruit pulp and cook until most of the water has evaporated. Add sugar and lemon juice and cook until thick. Pour into sterilized jars.

Guavalets

2 cups strained cooked guava pulp
3 cups sugar
1 teaspoon gelatin (Knox)
2 tablespoons cold water
1/2 cup chopped English walnut

Cook pulp and sugar together in a very slow fire and stir frequently until mixture is very thick and seems to leave side of pan. Soak gelatin in cold water for five minutes. Add to guava pulp. Cool. Add nut and pour in buttered shallow pan. When cold, cut into squares. Serve wrapped or unwrapped.

Guava and Peanut Butter Spread

1/2 cup guava butter or jam
1/4 cup peanut butter

Add guava butter and peanut butter, stir until well blended. Use as sandwich spread.

Guava Tapioca

1/4 cup minute tapioca
1½ cups water
3/4 cup sugar
1/8 teaspoon salt
2 tablespoons lemon juice
1½ cups cooked guava pulp
Grated rind of lemon

Combine tapioca, sugar, salt and water and cook until tapioca is transparent. Cool. Add guava pulp, lemon juice and rind. Add more sugar if necessary. Pour in sherbet glasses and chill. Serve with milk, cream or soft custard.

Guava Pineapple Tapioca

2½ tablespoons minute tapioca
1/3 cup sugar
1 cup guava juice
1½ cups strained pineapple juice

Mix tapioca, sugar, guava juice, and cook for about five minutes until the tapioca is transparent. Stir constantly. Add pineapple and pour into sherbet glasses.

Guava Delicious

8 large ripe guavas
1 large ripe banana
3/4 cup sugar
1/2 cup grated coconut or
1 cup whipping cream

Select soft and ripe guavas. Wash, peel, cut in halves. Remove the seeds and press through a coarse sieve to separate the seeds and pulp. Measure 3/4 cup pulp and add sugar. Slice the guava shells into pieces. Add the banana in thin pieces. Place a layer of guava in a serving dish and cover with sliced banana. Pour pulp over top and chill two to three hours. Serve with whipped cream or grated coconut top.

Guava Whip

1 tablespoon gelatin (Knox)
3/4 cup water
3/4 cup sugar
1/4 tablespoon salt
1 tablespoon lemon juice
1 cup fresh shredded coconut
1 fresh or canned guava pulp
2 egg whites

Soak gelatin in one fourth cup of water. Add remaining water to sugar and boil. Add gelatin. Stir until dissolved. Press guava pulp thru a sieve and add salt and lemon juice and gradually beat in the cold syrup. Set in cool place and when mixture begins to harden, fold in coconut and stiffly beaten egg whites.

Guava Fish Salad

- 1/2 cup flake fish
- 1 teaspoon salt
- 25 guavas
- Lemon juice
- 1/4 cup coconut milk
- Pineapple

Drain and flake the boiled fish. Pare ten guavas, remove the seeds and cut into pieces. Add equal amount of pineapple. Mix ingredients and season to taste. Chill. Cut the tops of fifteen large guavas, and remove the seeds. Fill the guavas with the chilled mixture and replace the top and serve while cold.

Guava Shrimp Salad

- 10 to 15 ripe guavas
- 1 small bottle mayonnaise
- 1 cup diced potatoes, boiled
- Salt and pepper to taste
- 4 to 5 fresh tomatoes, sliced
- Young onion leaves

Blanch guava, remove seeds and cut into pieces. Mix all the ingredients and serve on lettuce leaves, with enough mayonnaise dressing.

Guava, Creamed Soup

- 1 cup mashed guava pulp
- 1 cup chicken broth
- 1 cup milk
- Salt and pepper to taste

Boil the chicken broth and guava pulp. When thick, remove from fire; add milk and stir constantly. Let mixture simmer for five minutes. Season with salt and pepper.

Guava with Coconut Milk and Sicharon

- 25 medium size ripe guavas
- 1 coconut
- 1/2 cup sugar
- 2 tablespoons fat
- A piece of garlic
- 1 cup sicharon made from leaf-lard

Shred coconut, add little water and squeeze, to extract the milk from the meat. Strain. Pare guavas; cut into cubes, and remove seeds. Saute garlic and guava; then add sugar, coconut milk and sicharon. When guava is tender, remove from fire. May be served hot or cold.

Stewed Guava

12 to 15 soft ripe guavas	1/16 teaspoon salt
1/2 cup water	1/2 to 3/4 cup sugar

Pare guavas. Chop and press through a strainer. Add water and cook until thick. Add sugar and salt a few minutes before guavas are done. Serve hot or cold as a breakfast or dessert fruit. It may be also be served with shortcake, bread or cereal puddings. Stewed guavas may be canned for future use.

Guava Milk Shake

1 1/3 tablespoons guava syrup or 4 tablespoons guava juice	1 cup milk
	1½ teaspoons sugar if juice is used

Pour the ingredients into a glass jar and cover with a tight-fitting lid. Chill and then shake ingredients thoroughly. Serve in a tall glass.

Guava Syrup

4 cups guava juice	4 tablespoons lemon juice
4 cups water	6 cups sugar

Combine juice, water and sugar. Boil slowly for thirty minutes. Pour into hot sterile jars and seal. Use on grindle cakes, as sauce for ice cream and puddings or in guava milk.

Guava Icing

1/2 cup fresh guava pulp	1 egg white
2/3 cup sugar	

Combine all ingredients in a mixing bowl. Beat until the mixture is of the proper consistency to spread on a cake.

Fish Sinigang with Guava

1 big bangus or other kind of fish
3 to 4 cups water
Sili leaves
Salt to taste

Remove scales, gills and intestines of the bangus. Cut into pieces. Wash. Add chopped guava and salt to water. Boil. Add the pieces of bangus. Five minutes before removing from the fire, add sili leaves.

Fresh Guava Fruit Punch

1 cm. cube of ginger root
1½ cups water
6 ripe guavas
3 cups medium, strong tea
3/4 cup orange juice
1/2 cup pineapple juice
1/4 cup lemon juice

Peel ginger and chop fine. Boil with 1/2 cup water until a strong ginger flavor is obtained. Cool and strain. Wash guavas, cut, and press through a fine sieve to remove seeds. Combine all ingredients, stir and pour over cracked ice before serving.

XV. JACKFRUIT

Description: Fruit of the langka is green, oblong, fleshy, twenty-five to sixty centimeters long, edible and covered with pyramidal projections. It grows on the trunk and on the main branches of the tree. The flesh is rich, yellow, sweet, and very aromatic. The leaves are alternate, leathery, broadest near the tip and pointed at the base, entirely or sometimes three lobed. Disregarding exaggerated reports of enthusiastic travelers, the jackfruit is doubtless the largest of fruits and that such heavy bodies are borne in the main trunk or main branches of the tree.

Nutritive Value: The high carbohydrate contents of langka indicates that it is nutritious. It is however deficient in calcium and iron. The seeds are very rich in starch. They have a good flavor but are poor sources of calcium and iron.

Uses: The pulp of the green lanka fruit is usually cooked with fish and coconut milk, while that of the ripe fruit is eaten uncooked or made into preserve or sweet. The seeds of the ripe fruit are roasted or boiled before they are eaten or may be added to the preserved meat, may be ground after boiling and made into dessert such as jam or pastillas.

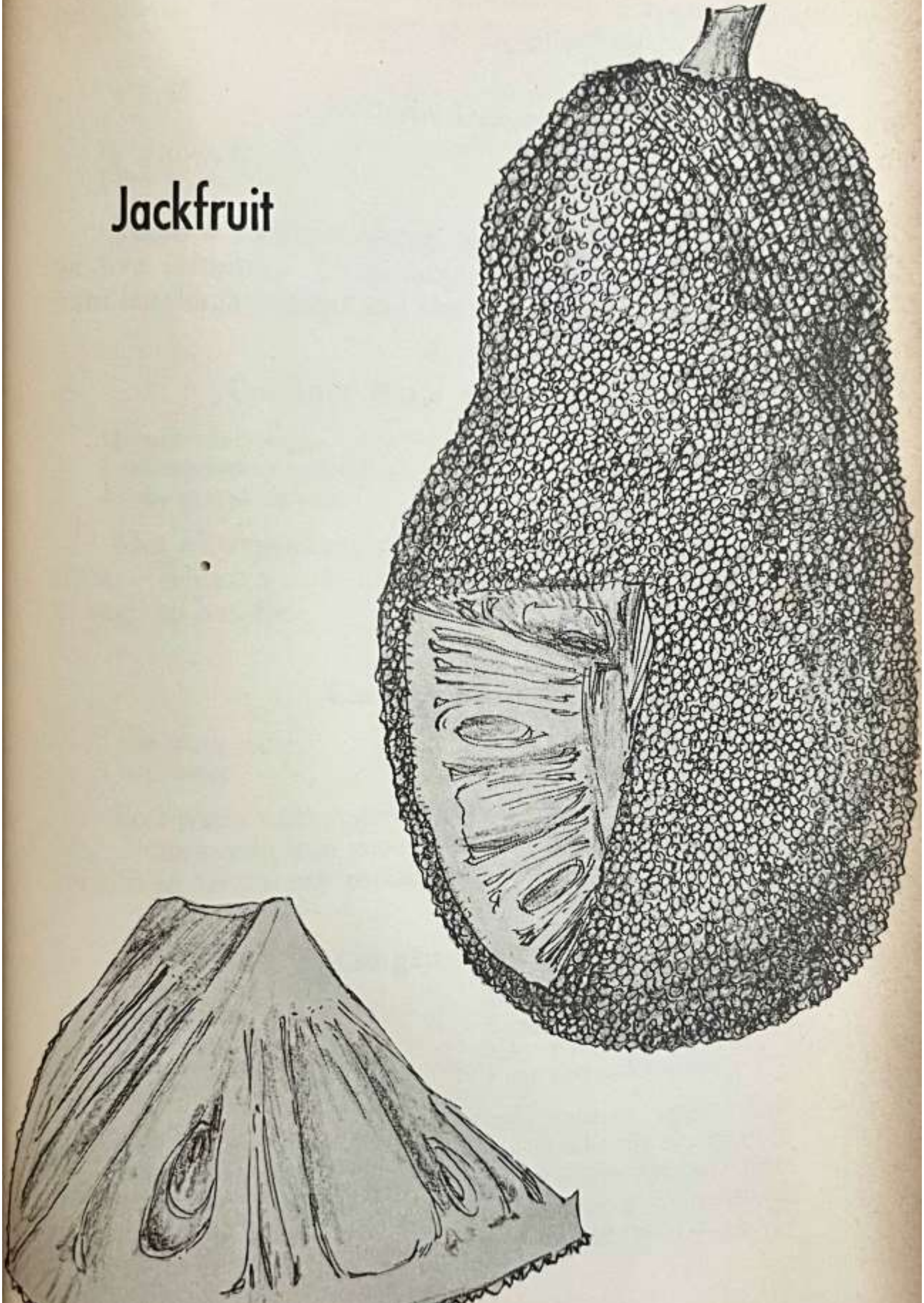
RECIPES

Langka Salad with Coconut Milk

- 2 cups shredded boiled green langka
- 1 tablespoon vinegar
- 1/2 cup pure coconut milk (from one coconut)
- 1 big ripe tomato, chopped
- 1 onion, sliced and coarsely chopped
- Salt to taste
- A piece of ginger root (1 cm. cube)

Pare langka. Cut into squares and boil until tender. Drain off water and shred. Grate coconut and extract milk without adding water. Add coconut milk and

Jackfruit



vinegar to langaka and season with salt to taste. Garnish with slices of tomatoes and chopped onion.

Langka Dessert

1½ cups sugar
1 cup water
2 cups ripe langka (flesh)

Make a medium syrup by boiling sugar and water for five minutes. Drop langka and cook over slow fire until langka is cooked and the syrup is quite thick.

Coconut Balls with Langka

1½ cups white sugar
3 tablespoons chopped langka
2 cups grated coconut
1 tablespoon glucose or brown sugar

Mix all ingredients and cook over a slow fire until thick. Remove from fire and shape into balls when cold enough to handle.

Langka Preserve

1 cup white sugar
1 cup water
2 cups langka, just ripe

Boil water and sugar. Arrange langka in preserving jar. Pour syrup into jars. Remove air, seal and sterilize for fifteen to twenty minutes

Langka Cake

1 cup butter
1¼ cups sugar
3 teaspoons baking powder
3 cups flour
1/8 teaspoon salt
3 eggs
3/4 cup milk
1 cup chopped langka

Cream butter and sugar, add beaten eggs. Sift flour with baking powder and salt. Add milk alternately with sifted dry ingredients. Beat well for five minutes. Add chopped langka and mix well. Pour into a greased pan and bake at 350°F for thirty minutes or until done.

Langka Jam

1 cup langka pulp
3/4 cup sugar
1/4 cup sugar

Open fruit and separate segments. Remove seed from each segment and chop. Boil sugar, langka and water until thick. Pack well in sterilized jars and seal.

Pastillas Langka Seeds

1 cup boiled and ground langka seeds (peeled)
3/4 cup milk
1/2 cup sugar

Put milk, sugar, and ground seeds in a double boiler. Cook until dry stirring constantly to prevent burning. Transfer to a board and roll to about one centimeter thick, then cut into strips. Serve unwrapped or wrapped in white and colored paper.

Langka Ice Cream

1/2 cup langka, mashed or chopped
2 cups sugar
5 cups milk
2 eggs, optional

Mix all ingredients. Freeze.

Ginatan with Langka

1/2 cup undiluted coconut milk
3 to 4 cups diluted coconut milk (from 2 big coconuts)
3/4 cup white sugar
1/2 cup sliced langka
3 medium sized bananas, saba
2 medium sized gabi or ubi
2 medium sized camote
1/2 cup bilo-bilo (ground malagkit or big size sago)

Pare camote, gabi, or ubi and cut into cubes. Peel bananas and cut into small pieces. Boil coconut milk and sugar, and drop bilo-bilo or sago, camote and gabi. When tender, add bananas and langka. Remove from fire when cooked and serve with rich coconut milk.

Maja Blanka with Langka

1 cup ground rice
3 cups coconut milk
1 cup white sugar
1/2 cup chopped langka

Soak rice in one and a half cups water for four hours. Grind and add coconut milk. Cook for twenty-five minutes or until thick, stirring constantly. Add sugar and langka and continue cooking. Transfer to a greased pan and allow to cool. Serve with toasted coconut.

Langka Butter

2 cups langka pulp, ground or chopped fine
1 cup sugar
1/4 cup water

Boil pulp, sugar, water until thick. Pack while hot in sterilized jars and seal.

Langka Candy

1½ cups sugar
1 cup water
1½ cups langka, just ripe cut into halves lengthwise

Boil water and sugar. Add langka and boil slowly until sugar is thick and the langka looks transparent. Drain well from syrup and roll in sugar. Allow to dry.

Langka Paste

2 cups langka pulp
1½ cups sugar
3 tablespoons butter

Pick the meat of the ripe langka and remove seeds. Wash, drain and chop. Boil langka pulp and sugar until thick. Place in sterilized jars and seal tightly.

Langka Orange Jam

1 cup langka pulp
1 cup orange pulp
1¼ cups sugar
1 tablespoon grated orange peel

Open langka and separate segments. Remove seeds from segments and pass through a meat ginder. Mix langka pulp with orange pulp. Add sugar and orange rind. Boil until thick and pack in sterilized jars.

Green Langka with White Beans and Pork

2/3 cups white beans, soaked in water
2 cups diced green langka
1/4 kilo pork with fat, cut into pieces
3 tablespoons fat
3 ripe tomatoes, chopped
1 onion, sliced
Salt to taste

Boil white beans and pork to soften partly. Saute onion and tomatoes. Add the mixture of langka, pork and beans. Continue cooking until thoroughly done. Season with salt and pepper and a little sugar if desired.

Guinatan Mongo with Sago and Langka

1/2 cup mongo
1/3 cup sago
2/3 cup brown sugar, firmly packed
1 1/3 cups coconut milk from one coconut
1/2 cup ripe langka, cut into pieces

Boil mongo in three cups water. When soft, add sago, sugar and langka. Before removing from heat add coconut milk and allow to boil once more. Serve.

Langka Pastillas

1 cup ripe langka, chopped
1 cup white sugar
2 cups powdered milk

Separate the ripe langka meat from the seeds. Chop and pass thru meat grinder. For every one cup chopped langka add one cup sugar and two cups powdered milk. Cook in a double boiler, or over slow fire, stirring constantly. When thick enough to roll, transfer to a board. Roll to the desired thickness and cut into squares. Serve wrapped or unwrapped.

Langka Upside Down Cake

1/4 cup shortening
1/4 cup brown sugar, firmly packed
3/4 cup granulated sugar
1 or 2 eggs, beaten
1 cup seeded langka
2 cups sifted cake flour
1½ teaspoons baking powder
1/4 teaspoon salt
3/4 cup milk
8 marachino cherries (optional)

Melt one tablespoon shortening in a cake pan Sprinkle brown sugar over the shortening. Arrange the pieces of langka and marachino cherries artistically on top of brown sugar. Work one fourth cup shortening with a spoon until light and creamy. Add granulated sugar and continue creaming. Add egg, beat well. Add sifted dry ingredients alternately with milk, beating with a spoon until smooth after each addition. Pour over fruit and spread. Bake in a moderate oven for forty minutes. Allow to cool a little and invert to a platter or tray.

Coconut Honey with Langka

1½ cups coconut milk from 2 coconuts
2 cups brown sugar or
1 pair panocha
1/2 cup Karo syrup (red label)
1 cup langka pulp (shredded)

Mix all the ingredients and boil until it reaches a temperature of 105°C, or when mixture falls in a mass when dropped from a spoon. Put in cans or jars and allow to cool.

XVI. KAMIAS

Description: The kamias is a small tree with pinnate, pubescent leaves, the leaflets up to seventeen pairs, oblong, acuminate. Flowers, purplish, small racemose, the racemes short, fascicle on the truck and larger branches. The fruit is green, cylindrical, five to seven centimeters long, round or nearly so in cross-section and very acidic. Trees thrive up to medium elevation.

Nutritive Value: Kamias contains about 5 grams carbohydrates, 6.4 mg. calcium, 17.5 mg. phosphorus, and 34.4 mg. ascorbic acid for every 100 grams edible portion.

Uses: The small cucumber-like fruit is well known throughout the Philippines, and is eaten green, as relish, especially with fish. The strong acidity is due to oxalic acid, making the juice useful in removing ink strains or iron rust, and in polishing brassware.

The fruit grows in clusters on the truck and older branches. It is used in pickles and preserves, and sometimes in making jams and cooling drinks. It is also much relished in curries.

RECIPES

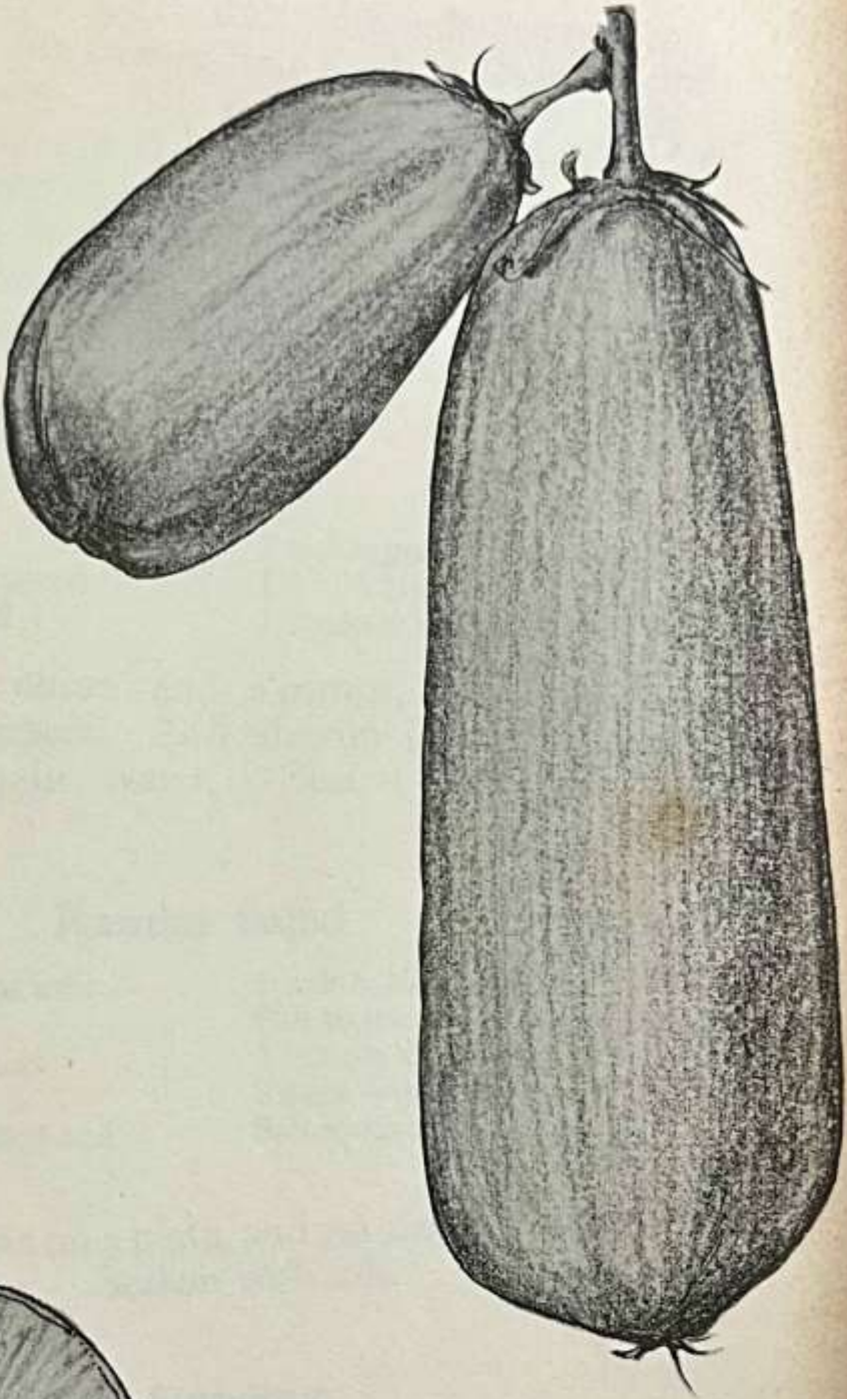
Kamias Dulce

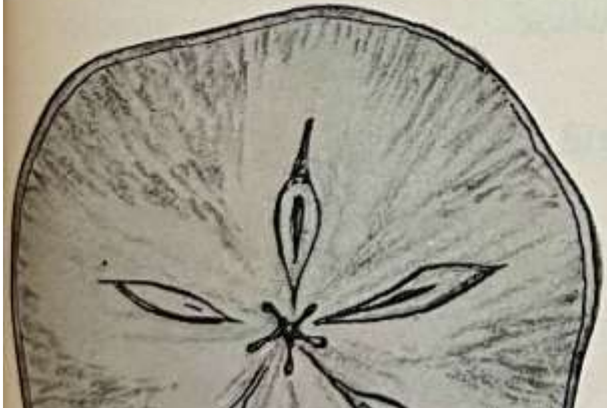
25-50 kamias
2 cups water
2 cups sugar

Clean kamias, cut stem ends and prick with a fork. Soak in lime water (one tablespoon lime to one quart water) for six to seven hours. Wash well, boil in syrup from ten to twenty minutes. Let stand in syrup overnight. Boil again adding more sugar to make the syrup thicker. Pack in jar.

Kamias Chutney

20 kamias
1 inch cube ginger
1 clove garlic
1/2 cup water
1/2 cup sugar
Salt to taste





Kamias

Split kamias into two. Rub with salt between the slices and let stand for twenty-four hours. Drain off the water, dry in the sun. Boil sugar and water to a thin syrup. Pound ginger and garlic fine. Rub a little of this mixture between the slices. Put the kamias in the boiling syrup, and cook until tender. Let stand overnight. Put back the kamias when syrup is boiling. Pack kamias in sterilized jars. Pour hot syrup in the jar and seal.

Kinamiasan

- 1 onion, sliced
- 4 to 6 big kamias, sliced
- 20 shrimps, shelled
- 2 cloves garlic, bruised
- 1/4 kilo bijon
- 1/2 cup shrimp juice

Saute garlic, onion and shrimps. Add kamias. Boil for three minutes. Add shrimp juice, and bijon previously soaked in water. Season with salt and pepper.

Kamias Salad

- 2 ripe tomatoes, cut into pieces
- 4-6 big pieces kamias, sliced thin
- 1 cup shrimps, boiled and shelled
- 1 onion, sliced
- Salt to taste
- 1 bundle kangkong
- 2 cups water
- Salt to taste

Place the kamias on a plate, and garnish with shrimps, onions, and tomatoes. Season with salt.

Fish Sinigang

- 1 fish, clean and sliced
- 2 tomatoes, chopped
- 1 onion, sliced
- 4-6 kamias
- 1 bundle kangkong
- 2 cups water
- Salt to taste

Boil kamias with tomatoes and onion. When soft, mash kamias to extract the juice. Drop fish. Add kangkong leaves. Season with salt and boil. Serve with patis.

Kamias Jam

1 cup sugar
2 cups boiled mashed kamias

Add sugar to the mashed kamias and boil until thick.

Kamias Buro

Cut stem end of fresh green kamias. Place in preserving bottle. Add salt to taste and water enough to cover the fruit.

Pinangat

6-8 kamias sliced thin, crosswise
1 tablespoon fat
6 small fish (galunggong or sapsap)
Salt to taste

Cook fish and kamias in a saucepan with just enough water to cover the fish. Add salt and fat before removing from the fire. Serve with patis.

Candied Kamias

25-30 kamias (big)
2 cups sugar
1½ cups water

Prick each kamias with a fork and roll on board back and forth with the hand to remove some of the juice. Soak overnight in lime water (one tablespoon lime to one quart water). Rinse in clear water and drop in syrup made from the sugar and water. Boil for about 8 to 10 minutes. Remove from the fire and allow to stand till the next day. Boil the syrup without the kamias until thick. Drop the kamias and allow to boil for a few minutes. Remove from fire and allow to stand for another day. Drain and roll each kamias in sugar and place in the sun to dry. Continue drying for two or three days.

Champoy

For every one cup split camaias add 1 tablespoon salt. Dry in the sun until well dehydrated. When dry, soak in syrup in the proportion of 4 parts sugar to one part water overnight, or longer. Drain and store in sterilized jars.

XVII. KANGKONG

History and Description: Kangkong is generally an uncultivated plant. It grows wild. It is an aquatic morning glory. It has a slightly purgative effect. Kangkong is an excellent leafy vegetable and is sold in large quantities in the market. It is an aquatic, herbacious creeping or floating vine which thrives in ponds. The Filipinos use only the terminal shoots of the plant. It is used as salad, as a vegetable seasoned with bagoong or combined with fish or meat in stews and other dishes.

Nutritive Value: Kangkong is a fair source of calcium and phosphorus and a good source of iron. The calcium contents of kangkong is about .007 per cent. Kangkong is an excellent source of Vitamin A and a fair source of thiamine. When cooked, it is a poor source of ascorbic acid.

Uses: Kangkong may be used in salads and pickles. It may also be used as a main vegetable dish and as an ingredient for other dishes such as sinigang and dinindeng.

RECIPES

Kangkong Relish

2 onions, sliced
2 cloves garlic, bruised
2 tablespoons fat
1/2 cup vinegar
2 bundles kangkong, sorted
Salt to taste
A centimeter cube ginger,
  cut into strips
1 tablespoon sugar

Saute garlic, onions, ginger and kangkong. When cooked, add vinegar. After a few seconds, add sugar and salt to taste. Boil again for a few minutes. Serve as an appetizer.

Sauted Kangkong and Eggplant

1/8 kilo pork fat cut into pieces
2 medium sized eggplants, sliced
1 onion, chopped
2 cloves garlic, minced
2 bundles kangkong
Salt to taste

Saute pork first until it turns to light brown. Then add garlic and onions. After a few seconds, add kangkong leaves and tender stalks, cut into pieces. Then add eggplant. Cook until tender. Season with salt.

Sauted Kangkong with Pork and Shrimps

1/8 kilo pork fat, cut into pieces
2 bean cake (toqua), cut into cubes
10 to 15 shrimps, shelled and sliced
1 cup shrimp juice
1 or 2 bunches kinchay (celery) cut into pieces
2 cloves garlic, minced
1 small onion, sliced
Salt to taste

Fry pork to extract fat. Saute garlic and onion together. After a few minutes, add toqua and shrimps. Simmer together for a few seconds and add shrimp juice. Add kangkong and celery. Cook until vegetables are tender.

Kangkong with Bagoong

1/4 cup vinegar
2 tablespoons bagoong
2 bundles kangkong

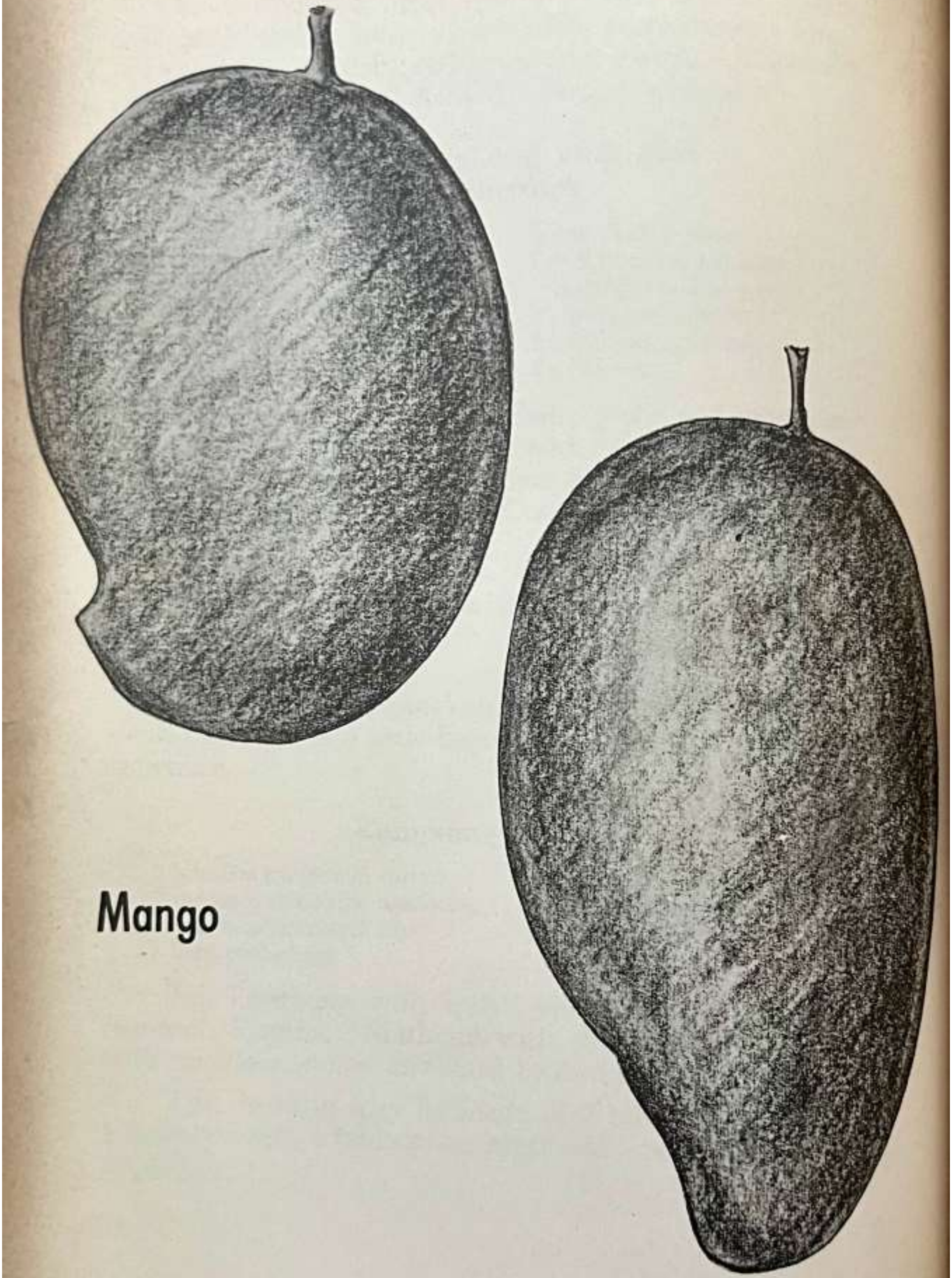
Sort and boil kangkong until tender. Place in small plate and add little bagoong and vinegar. Serve as appetizer.

Kangkong Adobo

2 bundles kangkong, sorted
2 medium sized ripe tomatoes, cut into circular forms
1 hard cooked egg
1 medium sized onion, sliced thin crosswise
1/4 cup dressing

Boil kangkong with leaves until tender. Cut into two-inch lengths. Marinate with dressing and garnish with tomatoes, onion and hard cooked egg.

The dressing may be made of 2 tablespoons sugar, 1 teaspoon salt, 1 tablespoon sugar and a pinch powdered pepper.



Mango

XVIII. MANGO

History: Mango is native to India, Burma, and possibly Malaya. It is very possible according to Webster, that mangoes must have been introduced in the Philippines between 1600-1675, although a related plant supposed to have been mentioned prefunctorily by De Morga in 1609 in his "Islas Filipinas" under the name of paos.

The first usage of the word paos, obviously a derivation from Morga's "paos" was credited to the Portuguese. The same was referred to in Blanco's *Flora de Filipinas*, volume four, from a manuscript prepared by Mercado between 1680-1690 on Philippine plants entitled *Libro de Filipinas, de Esta Tierra.*

Mango is the acknowledged czar of Filipino fruits. Luscious and highly edible looking, it blends happily the desirable attributes of a palate provoking after dinner aperient. Many trees are simply planted in a matter of fact way to lend greening accent to periferies of rice fields and around the premises of the home.

Description: In general, the mango can be described as a medium sized fruit from two to four inches in width and from three to seven inches in length. The skin which is smooth and thick is strong enough to be pulled from the flesh when the fruit is ripe. As the fruit matures, the green changes into more brillant colors—purplish red shading to green, deep crimson or even yellow with red spots. The flesh varies in color from light yellow to deep apricot. In the most prized varieties, it is juicy, smooth and free from fiber. The flavor which greatly varies may be insipid and sweet or reminiscent of turpentine; however, in better varieties it is delicious, with the flavor of peaches.

The most widely grown and the most highly prized of all Philippine fruits is the carabao mango. These mangoes are in the shade of yellow when ripe, are large, eliptical in outline, but somewhat flattened. The skin is thin and the center of the fruit is very large, with a flattened seed in the center. The pico variety is smaller and more fibrous, and is less highly regarded than the carabao variety.

Mangoes have a high carbohydrate content and are highly nutritious. They are a fair source of iron but deficient in calcium. According to Hermano, the carabao mango is an excellent source of vitamins A, B, C; while the pico variety is a good source of Vitamin A, and excellent source of vitamins B, and C.

Uses: The mango is used as a dessert fruit or in combination with citrus fruits, pineapple, or papaya. It is delicious in fruit cocktail, salads, short cakes, or frozen desserts. Many people prefer the flavor of green or half-ripe mangoes, which may be used in pies or cooked and served as sauce. Many children eat mangoes when they are green, hard, and very sour. Mango chutney is a favorite method of preserving although mangoes also make delicious jams and marmalades. The carabao mangoes are very excellent when quick frozen. Quick frozen mangoes are being exported to the United States. When canned, the mango becomes more like a peach in taste although the flesh has the disadvantage of being soft. Mango, either fresh or quick frozen, makes excellent ice cream. When sliced and served with sugar and cream, it tastes very much like peaches. Sour off season mangoes can be given excellent taste in this manner.

RECIPES

Green Mango Salad

1 green mango
1 big ripe tomato
2 small onions
2 tablespoons bagoong

Wash mango. Pare and chop fine. Chop tomato. Mix chopped mango, tomato with the bagoong and onion.

Mango Jam

1 cup mashed mango (ripe)
1 tablespoon butter
1 cup refined sugar

Combine mango and sugar. Cook, stirring constantly until thick. Add butter and stir well. Cool.

Mango Punch

1/2 cup chopped almost ripe mangoes
1 cup sugar
10 cups iced water

Mix together all ingredients. Let stand from 1 to 2 hours. Serve very cold.

Mango Salad

1 ro 2 ripe mango
3 tablespoons nuts, chopped
Fruit salad dressing —

Slice ripe mangoes in halves then in cubes. Place on green lettuce leaves. Add desired amount of fruit salad dressing. Sprinkle with nuts.

Spiced Mango

5 cups almost ripe mangoes
4 cups sugar
1 tablespoon powdered cloves
1 tablespoon powdered cinnamon
2 cups vinegar

Tie cinnamon and cloves in thin cloth. Boil together with vinegar and sugar till thick. Drop strips of peeled mangoes. Boil until waxy appearance is achieved.

Mango Pickle

1 cup sugar
4 almost ripe mangoes
1/2 tablespoon cloves
4 tablespoons water
6 tablespoons vinegar
1 tablespoon cinnamon

Pare mangoes. Leave whole. Boil above ingredients except mangoes for 3 minutes. Add mangoes. Simmer until mangoes are tender. Let stand for 24 hours, or more.

Mango Sherbet

2 cups milk
1 cup granulated sugar
1 teaspoon salt
1 egg, well beaten
2 cups ripe mango, mashed

Scald milk with sugar and salt. Add egg and mangoes. Freeze.

Mango-Filled Cookies

3/4 cup sugar
1 cup mashed ripe mango
2 tablespoons cornstarch
1 tablespoon butter

Combine sugar, mango and cornstarch. Cook, stirring constantly until thick. Add butter and stir again. Cool. Roll cookie mixture and cut into round shapes. Put 1 teaspoon of mango filling on each round and cover it with another cookie round. Press edges with fork. Bake in hot oven 370° F.

Mango Fruit Salad

1 kilo avocado
15 bananas (lakatan)
6 mangoes
1 papaya

Use jello or unflavored gelatin, or jello with gelatin, or jello with gulaman as foundation. Prepare the fruits by cutting into cubes, balls, and slices. Place in molds and add the gelatin which has been dissolved according to instruction on the package.

Fruit Salad Dressing

2-4 egg yolks
2-4 tablespoons flour
2 tablespoons calamansi juice
2 cups sugar
1 teaspoon salt
1 teaspoon mustard, optional
1/2 cup orange or pineapple juice
1/2 cup water
1 teaspoon paprika, optional
1 cup evaporated milk

Beat egg yolks; add flour, salt, paprika (optional) mustard, and sugar. Add all liquid ingredients, mix well in a double boiler and cook until thick. Cool and add evaporated milk, beating constantly. Add 1/2 cup chopped nuts, if desired.

Mango Buro

6 unripe mangoes
2 cups cold water
1/2 cup salt

Wash mangoes. Arrange in a preserving jar. Sprinkle with salt so that mangoes will retain crispness. Let it stand for 15 minutes. Then add water when salt is dissolved. Cover tightly and keep in a dry place. Use as an appetizer or relish.

Mango Candy Roll

3 cups sugar
1 cup milk
1 cup ripe mango, mashed
3 teaspoons vanilla (optional)
1/2 cup chopped nuts

Combine sugar, cream, mangoes and salt. Boil to soft ball stage (236°F). Cool to luke warm; add flavoring and nut meats. Pour on board; knead until smooth. Shape into roll. Chill, slice.

Mango Pie

3½ peeled mangoes (half-ripe)
1 cup sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 tablespoon lemon juice
3 tablespoons flour

Line a pie pan with pastry. Put in layer of mango slices; sprinkle with sugar, flour and spices; and cover with another layer of mangoes, sugar and spices. Add lemon juice, cover with pastry and bake in hot oven, 425°F.

Pastry

2 cups sifted flour
2/3 cup shortening
5-6 tablespoons cold water
1 teaspoon salt

Sift flour and salt together. Add shortening by a blender or 2 knives. Then add water by tablespoonfuls. Chill for a while before rolling.

Mango Candy

3 cups mango puree
2½ cups sugar
4 tablespoons camote flour
1 cup water
1 tablespoon pectin
1 teaspoon citric acid

Add 1/2 cup sugar to the pectin and dissolve in 1 cup boiling water. Then add the mango puree, sugar and the rest of the ingredients, and cook until thick.Allow to cool. Cut into squares or make it into balls and roll in sugar.

Mango Butter

1 cup half ripe mango pulp
1/2 cup water
1/2 cup sugar
1 teaspoon cinnamon (optional)
1 teaspoon cloves (optional)

Add water to mangoes. Cook until soft. Press through a sieve. Add sugar and spices. Cook for 45 minutes until thick. Stir frequently. Cool. Put in sterile jars. Seal.

Mango Ice Cream

1 large mango
1 pint milk
2 egg yolks
1 egg white
1 cup sugar
1/2 teaspoon vanilla

Scald milk. Pour over well beaten egg yolks and sugar. Return to fire, stirring constantly for 10 minutes. Add to milk mixture when cold. Add vanilla. Freeze.

Mango Chutney

2 cups shredded, almost ripe mangoes
1 small onion
1 clove garlic
2 tablespoons seedless raisins
2 tablespoons brown sugar
10 tablespoons vinegar
1 hot red pepper
1/2 teaspoon ground ginger

Pare, slice and blanch mangoes. Chop onions, garlic and raisins. Add vinegar. Cook until soft. Add all other ingredients. Cook until thick. Pour in jars and seal.

Mango Papaya Jam

1 cup ripe papaya pulp
1 cup almost ripe mango
1 cup sugar
1 tablespoon calamansi juice

Wash fruits. Peel and press through a sieve. Add sugar. Cook slowly until mixture thickens. Add calamansi juice and stir well. Cool. Pour in sterilized jars.

Mango Fruit Salad

1 ripe mango
1 avocado
2 bananas, lacatan
1 orange
2 slices sweet pineapple
1/2 ripe papaya

Peel and dice mango. Pare and dice avocado, banana and papaya. Peel orange, dice together with pineapple. Mix all fruits together. Chill. Serve with mayonnaise or fruit salad dressing. Sprinkle with chopped nuts.

Mango and Banana Candy

3 cups mango pulp
3 cups sugar
2 cups cooked banana pulp
(lakatan)

Combine the mashed mango and banana pulp and add sugar. Cook until thick enough to roll. Roll with a rolling pin and cut into pieces. Roll on sugar. Serve wrapped in colored paper.

Mango Sauce

1 cup green mango, shredded
fine
3/4 cup sugar
1/2 cup water
1/2 teaspoon salt

Combine all ingredients together. Boil until mango is soft. Serve hot or cold with fried or broiled meat or fish.

XIX. MALUNGGAY

Description: Malunggay grows to be 20 to 30 feet tall, but since the tender leaves are continuously plucked for use as food, many trees remain from 3 to 8 feet and have few branches.

The young leaves are widely used as a leafy vegetable and are particularly prized in Cebu. The flowers are also cooked as vegetable, as are the half-ripe fruits. Large malunggay pods, a foot or more in length, are often sold in market tied in bundles. The pods are rarely used alone, probably because not enough is available at a time. The leaflets are always stripped from the stems before using, but very tender stems at the tips of the branches are retained. The young pods, if very tender, are used entirely; when slightly mature, the hard covering and fibrous tissues are removed, and only the pulpy portion and tender seeds are used.

Uses: Flowers, tender leaves, and partly grown pods are cooked with meat or fish and eaten as vegetables. Pods are cooked with dry codfish or as dinindeng. They are also added to vegetable stew. The roots may be ground and used as a substitute for horse raddish, but it is rarely utilized in this way by the Filipinos.

Malunggay leaves are cooked with chicken and fish, as soups and with bagoong as salads. Malunggay fruit is a common food item among the Ilocano and the Pangasinan people. It is cooked with tomatoes, roasted fish and sweet potatoes. Dishes with malunggay leaves are often prescribed for nursing mothers to induce the secretion of milk.

Nutritive Value: Malunggay leaves appear to be an excellent source of calcium, phosphorus and iron. However, owning to the light weight of the malunggay leaflets, the quantity of calcium and other minerals obtainable from them is small.

The pods have a protein content of only about two per cent and very small quantities of calcium, phosphorus and iron, and is an excellent source of ascorbic acid.

RECIPES

Pork and Malunggay Pods

1/4 kilo pork cut into pieces
1 cup seeds and pods of malunggay
4 medium sized tomatoes
3 cloves garlic, pounded
1 small onion, sliced
2 tablespoons fat
1 cup water
Salt and pepper to taste

Saute garlic, onion, pork and tomatoes in fat. Add water. Boil. Add malunggay seeds and pods. Add salt or patis to taste. When tender, remove from fire. Serve hot.

Malunggay with Lima Beans

1/4 kilo pork cut in small pieces
1 cup malunggay pods
1½ cups water
1 cup young lima beans
4 medium size ripe tomatoes
3 tablespoons fish sauce from bagoong

Place pork and water in pan. Cook until tender. Add fish sauce with use of bamboo strainer. Boil. Add young lima beans. Cook until tender. Add malunggay pods and tomatoes. Cook until done. Serve hot.

Papaya with Malunggay

1/4 kilo pork, cut in cubes
1 medium size green papaya, peeled and sliced.
1 tablespoon fish bagoong
1 cup water
Malunggay leaves

Boil pork in water until tender. Add fish bagoong, discarding the fish bones. When boiling add sliced papaya. Cook until tender. Add malunggay. Avoid overcooking. Malunggay tastes bitter when overcooked. Serve hot.

Sinigang with Malunggay

- 5 pieces of bangus or any other fish
- 1/4 centimeter ginger
- 1/4 medium size onion
- 3 green native sili (optional)
- 1/2 cup water
- 4 medium size ripe tomatoes
- Malunggay leaves
- Salt to taste

Boil ginger, onion, tomatoes with water and salt. Add fish and sili. When cooked add malunggay leaves. Do not cover. Remove from fire.

Diningding with Malunggay Leaves

- 4 cups malunggay leaves
- 1½ cups water
- 2 tablespoons bagoong
- 1/4 cup dried shrimps

Strip malunggay leaves from the stem. Break off all flowers and buds and cut very tiny pods into 1-inch lengths. Boil the water and add bagoong. Add the shrimps and cook for three minutes. Add malunggay and cook uncovered for 6 to 8 minutes.

Bagoong for Diningding

Boiling water is added to the bagoong. Mixture is stirred and the pieces of fish mashed with a spoon. After it has been allowed to settle, the thin portion is used for the diningding.

Fish Soup with Malunggay

- 1 bangus
- 2 cups malunggay leaves
- Salt
- 2-3 cups water

Clean the fish. Cut bangus into pieces. Boil until fish is cooked. Add malunggay leaves and salt to taste. Serve hot.

Dininding with Maluggay Pods and Camote Leaves

- 6-8 malunggay pods
- 1 bunch camote leaves
- 3 cups water
- 2-3 tablespoons bagoong
- 3/4 teaspoon salt
- 1/2 cup small dried fish (dilis)
- 1/2 large tomato, sliced

Split the maluggay pods lengthwise. If seeds are tender use them, otherwise discard. Put the tender white inside portion from the sections of the pods and then cut into one inch lengths. Discard tough shells. Wash camote leaves, break off leaves and tendertips from stems and discard stem. Heat water, add bagoong, then all other ingredients. Cover pot and cook 5 minutes longer or until leaves are tender.

Malunggay Salad with Fish Bagoong

4 cups malunggay leaves
2 tablespoons fish bagoong
2 tomatoes
1 tablespoon vinegar
Pepper, a pinch

Boil the maluggay leaves for ten minutes or until the leaves are cooked. Drain in a strainer. Mix the vinegar pepper and tomatoes (cut into small pieces) and bagoong. Then add the malunggay leaves. Allow to cool for a few minutes before serving.

Malunggay Pods with Sweet Potatoes

1/4 kilo pork, cut into pieces
3 medium size sweet potatoes, sliced thinly
4 medium size ripe tomatoes
1½ cups water
2 tablespoons fish sauce from bagoong
5 malunggay pods cut into 2-inch lengths

Place water and pork in pan. Boil until tender. Add strained fishsauce. Add sweet potatoes and tomatoes. After two minutes, and malunggay pods. Cook until tender. Remove from fire while the pods still have their green color.

Mongo Soup with Malunggay

2 cups malunggay leaves
1/2 cup mongo beans
1 fish (smoked or fried)
2 cups diluted coconut milk
1/2 cup rich coconut milk
2 cups water
2 ripe tomatoes
Salt to taste

Strip malunggay leaves from the stem. Remove bones of the fish. Boil mongo in two cups water. As soon as mongo is well cooked, remove from fire.

Saute fish and mongo with tomatoes. Let it simmer for three minutes. To this add the two cups diluted coconut milk. Add the malunggay leaves and allow to simmer until the leaves are cooked. Add the rich coconut milk and let it boil again. Add salt anf pepper to taste. Serve hot.

Corn Soup with Malunggay

2 cups malunggay leaves
2 cups corn (from young corn cobs)
3 ripe tomatoes
1/2 cup rich coconut milk
3-5 cups diluted coconut milk
Salt and pepper to taste

Strip malunggay leaves from the stem. Cook the corn in diluted coconut milk until tender. Cut the tomatoes into small pieces and add this to the corn. Add the malunggay leaves and let it summer for six to eight minutes uncovered. Add the rich coconut milk last. Allow to boil again and add the salt and pepper to taste. Serve while hot.

Chicken Soup with Malunggay

2 cups malunggay leaves
1/2 chicken
3-5 cups water
Pepper and salt to taste

Cut chicken to desired size and boil until tender. Add malunggay leaves and allow to simmer uncovered until the leaves are cooked. Add salt and pepper to taste. Serve hot.

Eggplant and Malunggay

2 medium size eggplants, sliced
Fried or roasted fish
1/2 cup water
2 tablespoons fish bagoong
Malunggay leaves

Place water and fish in pan. Bring to a boil. Add strained fish (bagoong). Let boil. Add eggplant. Cover When cook, add malunggay leaves. Remove from fire.

Malunggay with Munggo

1/2 cup coarsely pounded munggo
Malunggay leaves
1/4 kilo pork cut in cubes
2 tablespoons bagoong
2 cups water or more
1/4 centimeter ginger

Place ground munggo, pork, ginger in kettle including water. Cook over low flame. When partly cooked, add bagoong. When tender, add malunggay leaves. Remove immediately from fire. Serve hot.

Pinakbet and Malunggay Pods

2 medium size eggplant, sliced
2 medium size amargoso, cut 1½-inch lengths, sliced
10 green lamunggay pods, cut into 2-inch lengths
3 tablespoons fish bagoong
5 medium size ripe tomatoes
1/4 kilo pork, cut in pieces
1/4 centimeter ginger
1/2 cup water
1/4 medium size onion, sliced

Place pork, ginger, tomatoes and onion in pan. Add water and boil. Add fish bagoong, eggplant, amargoso and malunggay pods. Cook until vegetables are tender. Serve hot.

XX. MUNGGO—*Phaseolus Aureus*

Local names: Balatong (Tagalog, Ifugao, Ibanag, Iloko).

History: The cultivation of the munggo bean, after the rice has been harvested, has been one of the chief activities in the Northern provinces especially in Pangasinan, where large quantities of the seed are produced every year. Its value as a nitrogen fixing crop makes it every effective for green manuring. It is also used as a cover crop. The bean is quite small. There are three common types of munggo—green, red, and yellow.

Description: The munggo bean is an annual plant, erect or sub-erect, rather hairy, branchy, growing to a height of 35-120 cm, depending on the variety. The leaves are trifoliate with rather large, entire or rarely trilobed leaflets. The flowers are pale yellow, crowded in clusters of ten to twenty. The seeds are used for food and the straw is fed to cattle. The leaves have long petioles, and are compound with three leaflets which are eight to fifteen centimeters in length. The leaflets are very wide with a broad base and a pointed tip.

Nutritive Value: Munggo is a fair source of calcium, iron, vitamin A. It is rich in vitamin B but is poor in Vitamin C. The sprouted munggo is rich in vitamin C, a good source of vitamin B and a fair source of vitamin A. Munggo are important as economical extenders of and alternative for, meat dishes and eggs. They are called the poor men's beef because of their high protein content and are a very cheap substitute for meat.

Uses: The young green pods and seeds of the crop are used for food; fresh plants are used as green manure. A very common method of using munggo is to germinate the seeds and cook the very young seedlings known as togue. The sprouted munggo may be boiled and used as a vegetable. They are also excellent as an ingredient for chopsuey and with the addition of chopped onions and dressing, make a good salad.

Munggo Guisado

1 cup boiled munggo
2 tomatoes
1/2 cup shelled shrimps
1 tablespoon fat
1 clove garlic
1 tablespoon bagoong
  (optional)
1 small onion, sliced
Amargoso leaves
1/ cups shrimp juice

Saute garlic, onion and tomatoes. Add shrimps, bagoong and boiled munggo. Add shrimp juice. Allow to boil and add amargoso leaves. Season with patis or salt.

Sauted Togue and Upo

2 cups upo, cut into strips
1/2 cup shelled shrimps
1 clove garlic
2 medium size ripe tomatoes,
  coarsly chopped
1 cup togue
1 cup pork, cut into slices
1 cup shrimp juice
1 onion
2 tablespoons fat

Saute garlic, onions and tomatoes. Add pork, shrimps and cook until pork is tender. Add the togue and shrimp juice. When togue is partly cooked, drop upo. Cook a while and season with patis or toyo.

Munggo with Milk

1/2 cup munggo
1 can milk
1 cup sugar

Boil munggo till tender. Add milk and sugar. Put crushed ice if desired. Serve cold.

Munggo Lumpia Fritter

1 cup boiled munggo (dry)
1/2 cup sugar
10 lumpia wrapper
Fat for frying

Mash the boiled munggo. Add sugar. Wrap in lumpia wrapper one tablespoonful at a time and fry in deep fat.

Togue Ukoy with Shrimps

1 cup togue
1/3 cup corn starch
1/3 cup flour
3/4 cup water
1 egg (optional)
1 small onion, sliced thin
A few dried boiled shrimps
1½ cups fat or enough for frying
1 teaspoon salt

Mix corn starch, flour and water. Beat egg slightly and add to mixture. Then add togue and salt. Drop by spoonfuls in deep hot fat, at the same time putting dried shrimp on top of each. Fry until brown. Serve with a mixture of vinegar, salt, powdered pepper and garlic.

Sauted Togue

1 cup togue
1/4 cup shelled shrimps
1 clove garlic
2 tablespoons fat
1/2 cup kinchay, native
2 ripe tomatoes (optional)
1 cup boiled pork, cut into pieces
1 cup shrimp juice
1 onion, sliced
1 cake toqua, cubed

Fry toqua first. Remove from frying pan. Saute garlic, onions and tomatoes, cut into pieces. Add pork, shrimps and cook until pork is tender. Add togue and shrimp juice. When togue is tender, add the kinchay, cut into pieces. Season with patis or salt.

Guinatan Munggo

1/4 cup munggo
1/2 cup malagkit rice
1/2 cup rich coconut milk
5 cups coconut milk (diluted)
1 cup sugar

Toast the munggo until brown. Roll with a rolling pin to break the seeds. Winnow to separate the hull. Boil the munggo in diluted coconut milk. Wash the malagkit rice and add to munggo. When rice and munggo are cooked, add sugar to suit the taste. Serve with the rich coconut milk by putting one teaspoon on top of each serving.

Munggo Soup

1/2 cup munggo
1½ quarts water
Salt and pepper to taste
1 sliced onion, chopped

Wash munggo. Cover with water and let stand in water all day or overnight. Drain. Add water, salt, pepper and onion, and simmer till munggo is tender. Add coconut milk or natural milk before serving.

Munggo Croquettes

1 cup mashed munggo, dry
1 tablespoon butter
Dry bread crumbs and egg
Salt and pepper to taste
2 tablespoons sugar
1 cup fat

Combine mashed munggo, butter, salt, pepper and sugar. Shape, roll in crumbs, then in eggs and again in crumbs. Fry in deep hot fat 3 to 5 minutes. Drain. (If too soft, add flour).

Munggo with Malunggay Leaves

1 cup munggo
Malunggay leaves (a branch)
1 cup pork, cut into pieces
Patis or salt to taste

Boil munggo with pork till tender. Season with patis, salt and pepper if desired. Add malunggay leaves and serve.

Munggo with Fish

1 cup munggo
1 medium-size fish
1 tablespoon bagoong
3 tomatoes, ripe
1/2 cup water

Boil munggo. Clean and broil fish. When cooked, flake and remove the bones. Put fish, bagoong, tomatoes and salt together, and cook till tomato is done. Then add munggo. Stir well and add water. Boil till munggo is cooked.

Panaritas

1 cup togue
1/2 cup sliced shelled shrimps
1 cup coarsely chopped pork
1 small onion, chopped
1 clove garlic, bruised

Saute garlic and onions. Add pork and shrimps. When cooked, add togue and little water just enough to cook the togue. Season with salt. Wrap in the following wrapper:

2 cups flour
1 teaspoon salt
Duck egg
2 tablespoons cold water

Beat egg slightly with salt and water. Add the flour to form a stiff dough. Knead till smooth and elastic. Roll on floured board about 1/8 inch thick. Cut in rounds about 10 centimeters in diameter. Put a tablespoon of mixture on half of each round, then fold over other half to cover mixture. Press edge with tines of a fork. Fry in deep fat.

Munggo with Jackfruit (Langka)

1 cup munggo, boiled
2 cups meat of young jackfruit (langka)
2 cups coconut milk
2 tablespoons bagoong
Dried fish
Salt to taste

Boil munggo till soft and dry. Add bagoong, jackfruit and dried fish. Add coconut milk and boil till jackfruit and fish are cooked. Season with salt to taste. (Camansi may be used as substitute for jackfruit).

Munggo Turron

1 cup munggo
1/4 cup sugar
24 pieces lumpia wrappers

Soak munggo in water for 2 hours. Boil till soft and dry. Mash munggo very well and add sugar. Use lumpia wrappers to wrap munggo. Shape to oblong pieces and fry in deep fat till all sides are brown. Sprinkle with dry sugar before serving.

Munggo with Amargoso

See this recipe under Amargoso.

XXI. OKRA

History: Okra, a native of tropical Asia, is now widely cultivated in the East and West Indies, the Southern United States, in the tropics and also in the temperate zone. The plant, *Hibiscus Esculentus*, is esteemed vegetable, formerly known as ochra, ockro and gumbo.

Description: Okra is a robust, erect, annual herb about 0.5 to 2 meters in height. It is a half woody, semifibrous plant propagated by seeds. It has an upright zigzag stem and one or more lateral shoots or suckers near the base. The stems are round, thick and somewhat rough. The leaves are alternate with long petioles and angular or more or less deeply and five to seven lobed. The flowers occur singly in the axils of the leaves. The fruit of okra is the seed pod with its contents. The pods are elongated, five or more celled with as many ribs, seeds kidney-shaped nearly round consisting largely of a tough spermoderm and folded embryo. The okra plant is very tender to frost, grows best in hot weather and requires a long growing season with warm nights. It may be classified into tall, dwarf and lady finger types, and further into long and short pods.

Nutritive Value: Okra has the general appearance of a succulent vegetable and is a fair source of iron and a good source of calcium.

Uses: Okra is grown for its pods which when immature are succulent and edible. They are eaten in various ways, and when cooked they are very mucilaginous. According to Guerrero, a syrup which is useful for sore throat attended with hoarseness is made from mucilaginous fruit. This suggests the medicinal use of okra.

From the pods are made the well known gumbo soup of the Southern United States, where the plant is more extensively grown than in the north. The soup imparts a flavor and a glutinous consistency or body known as gumbo. It is also used in meat stews and in canning.

In some other parts of the old world, especially in Turkey, it is used in dried form.

In the northern part of the Philippines, okra has become very popular as a vegetable. It can be sauted as it is or added with some other vegetables as in diningding and pinakbet. It may also be added to such recipes as sinigang, curried shrimps, stewed pork and chicken, and sauted beef to improve the flavor of the dishes.

RECIPES

Okra with Guava Sauce

1/8 kilo pork, cut into pieces
6 guavas, boiled, juice extracted
5 small tomatoes, chopped
10 okras
2 tablespoons toyo

Saute pork with tomato and toyo. Add little water and cook until tender. Add guava juice and okra. Cook until okra is tender.

Boiled Okra with Tomatoes

3 ripe tomatoes, chopped
10 okras, young
1/2 tablespoon salt
1/3 cup water

Wash okra, add tomatoes, salt and water. Cook until tender, for twenty to thirty minutes. Serve with meat or fish as vegetable dish.

Okra Salad

10 young okras
1 egg, hard cooked
2 medium size ripe tomatoes
2 tablespoons patis
  or salt to taste
1 onion, chopped

Boil okra until tender. Arrange in a platter and garnish with the sliced tomatoes, onions and hard cooked egg. Season with patis, or vinegar with sugar, salt and pepper.

Buttered Okra

10 young okras
1 tablespoon butter
1 tablespoon vinegar
Salt and pepper to taste

Wash okra well and remove the stems and tips or pointed ends. Place in sufficient boiling water to cover and boil until tender for about twenty to thirty minutes. Add salt just before cooking is completed. When tender, turn into a colander to drain, then lay in a serving dish. Melt butter, add vinegar, a little salt and pepper. Mix well and pour the sauce.

Okra Soup

1 stewed chicken, cut into pieces
2/3 cup ripe tomatoes, chopped
1 onion, chopped
1 cup boiling water
1 cup rice, cooked
1 teaspoon salt
A dash of pepper

Saute chicken in pork fat until brown. Remove from frying pan. Saute sliced onion. Add okra and tomatoes. Add chicken, rice and water. Boil until all ingredients are cooked. Season with salt and pepper.

XXII. PAPAYA

History: The papaya was brought early to the Philippines by the Spaniards, since it was mentioned by Chirino in 1604. It has become one of the commonest and most popular fruits in the Islands.

The quality and flavor of the fruit depend partially on the season and the amount of rainfall. The supply is usually greater than the demand during May, June and July.

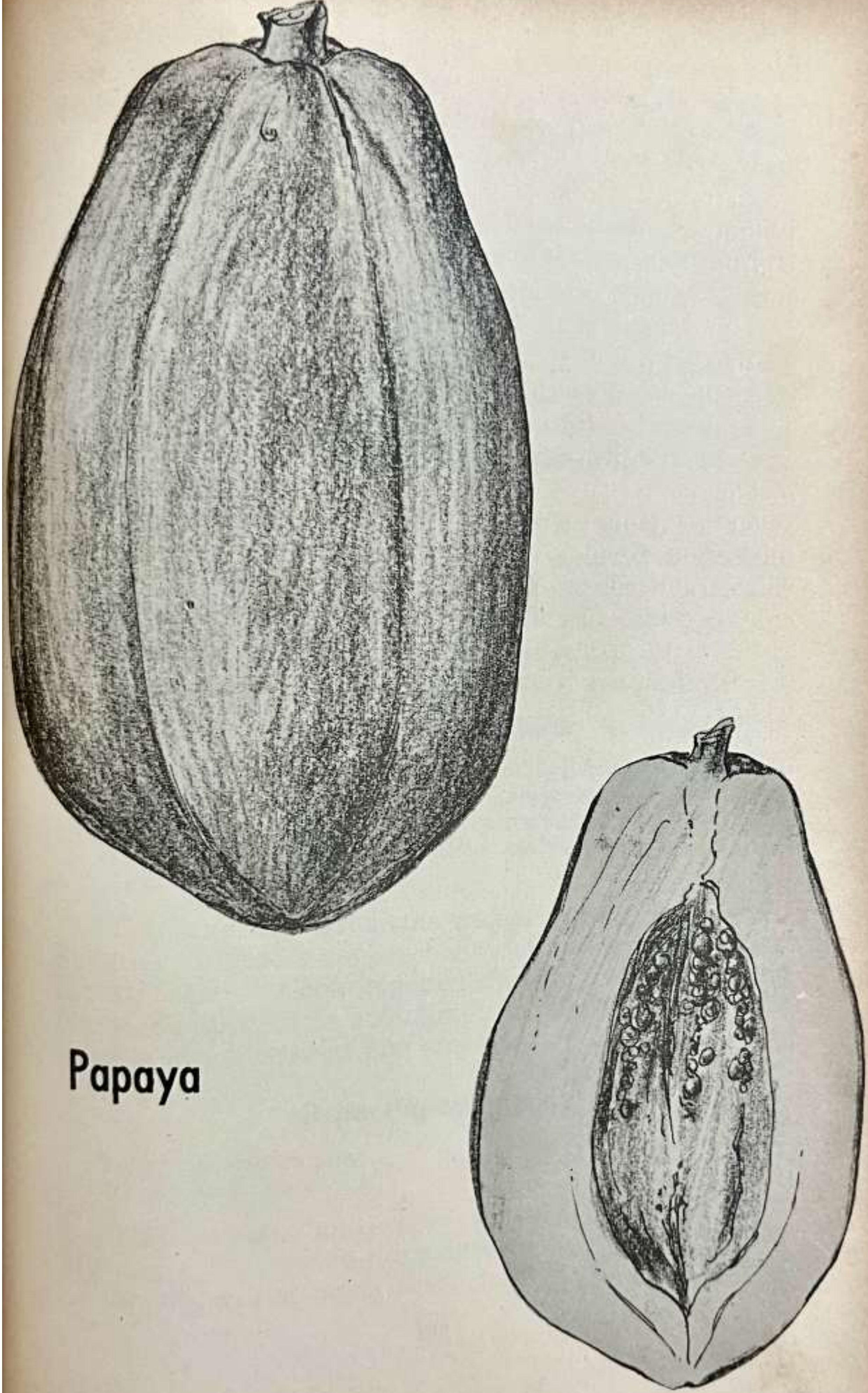
Description: The papaya is a large, oblong or melon-shaped fruit which when ripe is usually greenish yellow or a mixture of green and yellow. The flesh is thick, soft, orange-colored, or sometimes reddish and with a mild, very agreeable flavor. Within the flesh is a large cavity containing very numerous, small, round seeds, each surrounded by a small gelatinous membrane. The seeds are relished by birds, but are not eaten by people. The papaya is produced the year round and is very common in the markets. There is a certain kind of papaya with few seeds or no seeds at all.

The fruits, as well as the other parts of the plant, contain a milky juice known as papain which is good for tenderizing meat.

The papaya tree develops rapidly, fruits being produced before the end of the first year. Under favorable conditions the life of the plants may reach five years or more. The trunk which may be 20 feet in height bears no lateral branches but is crowned by deeply lobed leaves sometimes two feet in length.

Nutritive Value: Quantity of papain, a protein splitting enzyme, consumed when very large quantities of papaya are eaten, is probably not of any great nutritional significance, but it may possibly be the reason why few of those who eat papaya experience digestive distress.

Papaya is a good source of vitamin A, a poor source of thiamine and an excellent source of ascorbic acid.



Papaya

Papaya is one of the fruits in which ascorbic acid increases as the fruit ripens. When the skin is dark green and the flesh is light yellow in color the fruit contains 60-70 percent as much ascorbic acid as it does when ripe.

Uses: Papaya is preferably used when ripe. However, green papaya may be boiled and served as vegetables.

Ripe papaya makes an excellent breakfast or dessert fruit served with lemon or lime with little sugar.

In fruit cocktail or salads it is usually combined with pineapple or citrus fruits. Fresh papaya pulp with milk or cream makes a delicious frozen dessert. Papaya alone or combined with other fruits makes excellent fruit jams or marmalade.

Green papaya is good for pickle, salad, or sweet preserve. When cut into balls and colored as desired, papaya makes an excellent substitute for cherries used as garnish for molded salads, puddings and cakes.

RECIPES

Papaya Marmalade

- 10 cups sliced firm ripe papaya
- 1 cup fresh shredded pineapple
- 1/2 cup lemon juice
- Grated rind of 1 orange and 2 lemons
- 5 tablespoons grated green ginger roots
- 1 cup sugar to each cup cooked fruit

Combine all ingredients except sugar. Boil for 30 minutes. Measure cooked fruit and add an equal measure of sugar. Cook together for 30 minutes, stirring frequently to prevent scorching. When done, pour the mixture into sterilized jars and seal.

Ripe Papaya Jam

- 5 cups ripe papaya pulp
- 1/2 cup lemon juice
- 4-5 cups sugar

Peel papayas and press through a course sieve. Measure. Add lemon juice and sugar. Boil vigorously for 20 minutes or until thick enough for jam, stirring frequently to prevent scorching. Pour into sterile jars and seal.

Papaya Shake

2 cups mashed ripe papaya pulp	2/3 cup sugar or more
1/3 cup lemon or 1/4 cup lime juice	1½ cups water
	1½ cups evaporated milk
	1 teaspoon nutmeg (optional)

Combine mashed fruit and sugar and add other ingredients. Chill. Just before serving, shake with cracked ice in a glass jar having a tight fitting lid.

Papaya Salad

1 cup ripe papaya, cut into cubes	1/2 tablespoon onion, chopped
10 shrimps, boiled and peeled	French dressing
	Parsely
	Fresh lettuce leaves

Mix papaya, shrimps and onions. Add French dressing. Arrange on a bed of lettuce in a salad plate and garnish with parsely. Chill and serve cold, if refrigeration facility is available.

Escabeche with Papaya

2 cups green papaya, shredded	5 tablespoons vinegar, or enough to suit the taste
1 medium size fish	4 tablespoons sugar
1 large onion, sliced	2 tablespoons lard
1 head garlic, sliced thin	1 teaspoon salt
1 inch cube ginger, cut in strips	Fat for frying fish
1 sweet red pepper, cut in in strips	1 tablespoon cornstarch or flour
1½ cups water	

Clean fish and sprinkle with salt. Allow to stand for about 15 minutes, then drain well. Fry in hot fat until brown. Set aside. Saute garlic, ginger, onion and papaya until papaya is half cooked. Add salt and pepper and the mixture of vinegar, water, sugar, toyo and flour or starch. Cook until liquid thickens and the papaya becomes tender. Place fried fish in platter and pour over it the sauce. Garnish with the vegetables.

Papaya Ukoy

2 cups green papaya, shredded
1 bunch green onion, cut into pieces
1 cup shrimp juice
10-15 boiled shrimps
1/2 cup cornstarch
1/2 cup flour
1 teaspoon salt
1 egg (optional)
1 tablespoons salt
Lard for frying

Make a thin batter by mixing shrimps juice, cornstarch, flour, slightly beaten egg and salt. Add papaya and onions. Place a tablespoonful of papaya mixture in, and fry until brown and crisp. Serve with a mixture of vinegar dressing.

Dinuguan with Papaya

2 cups green papaya, cut in strips
2 cups coarsely ground pork
2 cups chopped pig's blood
1/2 cup vinegar or enough to suit taste
1 small onion, sliced
1 tablespoon salt
1 cup camias, sliced thin (optional)
2 to 3 long pepper
2 tablespoons fat
2 cloves garlic
1 cup water
1 tablespoon sugar (optional)

Saute garlic, onion and camias. Add ground pork. Add papaya and salt; continue cooking until meat is tender. Add blood and bring to a boil, stirring constantly while adding. Add vinegar. Drop in long pepper and let mixture boil until blood is cooked. Add water and sugar and boil again. Serve hot.

Papaya Chopsuey

2 cups green papaya, sliced thin
1 cup pork, sliced
1 cup shrimps, shelled
2 sprig kinchay, cut into pieces
3 tablespoons toyo
1 onion, sliced
1 cup liver, cut into pieces
1 Chinese sausage, sliced thin, crosswise
2 tablespoons fat
1 cup broth
1 teaspoon sugar
1 teaspoon ginger

Saute pork, shrimps, liver and sausage. Season with toyo. Add kinchay, papaya and broth. Boil until papaya is tender. Add onion, cabbage, ginger and sugar. Add 2 tablespoons flour dissolved in 4 tablespoons water.

Boil until sauce thickens. Remove from fire and serve hot.

Papaya Lumpia

3 cups green papaya, shredded
1 cup pork, boiled and cut into strips
1 cup shrimps, shelled and sliced
2 cloves garlic, minced
20 lumpia wrappers
2 tablespoons fat
1/4 cup broth or shrimp juice

Saute garlic in two tablespoons fat. Add onion, pork and shrimps. Stir the shrimp juice and papaya and cook until papaya is tender. Color with achuete water. Wrap in lumpia wrapper just before serving and serve with sauce.

Optional: The wrapped lumpia may also be fried and served with vinegar sauce.

Lumpia Sauce

1½ cups water
4 tablespoons cornstarch
1/2 cup brown sugar
1/3 cup toyo

Mix all ingredients and boil until thick, stirring constantly to prevent scorching.

Papaya Mock Cherry

1 papaya (green)
1½ cups sugar
1 cup water
Food coloring (red)

Pare papaya and scoop like potato balls. Soak in lime water (one tablespoon lime and four cups water) for 6 hours. Wash and drain. Make syrup of the sugar and water and drop the papaya. Boil until the papaya is quite tender. Add red coloring that makes the syrup very red. Remove from fire and allow to stand in syrup over night or one day. Boil again to thicken. Put in a sterilized jar and store until needed.

XXIII. PEANUTS

History: Peanut, commonly known in the Philippines as *mani*, is grown practically in all parts of ths country. The Spanish missionaries and conquistadoree introduced the crop in the Philippines during the latter period of their colonization. Originally, the only peanut cultivated was the white seeded Spanish variety, which was used by the natives mainly for food. About thirty years ago, however, the government began introducing foreign varieties, as a necessary prerequisite to its extensive program of agricultural research drives and experimental projects.

Description: At present there are about twenty native and fifteen varieties of peanuts cultivated in the Philippines, grouped according to their respective habits of growth. Peanuts are further differentiated as to size of seeds. The bunchy type usually grows erect and forms a cluster near the top root, while the runner of creeping type has large spreading vines and bears pods along the lateral stems that touch the soil.

Uses: Peanut, when harvested young, is made or used as forage. The nuts are eaten roasted or boiled and are frequently used as an adulterant of chocolate, and in various confections, and in the making of peanut butter. A valuable culinary oil is extracted from the seeds. Peanut oil is used in the manufacture of oleo margarine and soap.

Nutritive Value: Peanuts contain much protein and considerably more fat than other legumes. They are deficient in vitamins, but are a good source of calcium and phosphorus.

RECIPES

Pastillas de Mani

1 cup ground peanuts, roasted
3/4 cup milk, evaporated
2/3 cup sugar

Mix all ingredients together and cook over slow fire, stirring constantly to avoid scorching. Cook until thick. Sprinkle sugar on bread board and roll the mixture with a rolling pin. Cut into desired shape.

Peanut Drop Cookies

- 1 cup flour
- 1½ teaspoons baking powder
- 1/2 cup salted peanut, crushed
- 4 tablespoons shortening
- 1/2 cup sugar
- 1 egg
- 1/2 teaspoon lemon juice

Shift flour, then measure. Add baking powder and salt, shift again. Cream shortening, gradually add sugar and beat well until light. Add eggs and beat again. Add shifted dry ingredients, peanuts, and lemon juice. Drop by teaspoonfuls in a greased baking sheet. Bake at 350°F for fifteen minutes, until golden brown.

Banana and Peanut Butter Fritters

- 1 cup flour
- 1½ teaspoon baking powder
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1 egg
- 1/4 cup milk
- 1/2 cup peanut butter
- 2 or 3 ripe bananas, mashed

Mix and shift dry ingredients. Beat eggs, add milk and lemon juice. Add egg mixture to dry ingredients. Add peanut butter and bananas. Mix and beat. Drop by spoonfuls in deep hot fat and fry until golden brown. Roll in sugar before serving, if to be used as dessert.

Avocado Salad with Peanut Butter

- 2 avocados
- 4 tablespoons lemon juice
- 2 tablespoons peanut butter
- Salt to taste
- Mayonnaise

Pare avocados. Cut into halves lengthwise and remove seeds. Cut the avocado in cubes or round. Sprinkle with salt and lemon juice. Mix with peanut butter and mayonnaise, and serve on lettuce leaves.

Peanut Candy

1 cup peanuts	
1½ cups sugar	1 teaspoon extract

Roast peanuts until slightly brown, stirring frequently. When sufficiently cold, rub off the skin, and winnow. Caramelize sugar. Then pour in the peanuts. While still hot, mold the mixture into balls.

Peanut Butter Ice Cream

1 cup scalded milk	1/2 cup corn syrup
1/2 cup peanut butter	1 cup whipped cream
2 eggs, slightly beaten	1 teaspoon vanilla
1/4 cup granulated sugar	Dash of salt

Gradually stir milk into eggs in a double boiler top. Place over boiling water. Cook five or six minutes until mixture coats spoon. Stir in next four ingredients. Cool and chill. Then fold in whipped cream. Turn into freezing trays of automatic refrigerator. Freeze with cold control at coldest setting. When half frozen, turn into bowl and beat well with egg beater then turn to freezing trays and freeze until firm.

Banana and Peanut Butter Spread

1/2 cup peanut butter	3/4 cup mashed ripe bananas
1/4 cup hot water	2-3 tablespoons lemon juice

Cream peanut butter, add hot water or evaporated milk and blend thoroughly. Add banana pulp and season with lemon juice.

Kari-Kari

1 medium size pata or ox tail	1 onion, sliced
1 medium size banana blossom (sliced thin crosswise)	2-4 tablespoons powdered rice (roasted)
2 eggplants, cut into pieces	1/2 cup peanut butter
10-15 string beans, broken into 2-inch lengths	Achuete, water and salt to taste
3 cloves garlic, bruised	

Cover pata with enough water. Stew the ox tail until tender. Saute garlic and onions. Add vegetables and enough salt to taste. Boil until vegetables are partly cooked. Add pata and its broth, and allow it to boil together with the vegetables. Add the achuete to give color. When almost done, add powdered rice and peanut butter. Remove from fire after three minutes. Serve with sauted bagoong.

Peanut Brittle

2 cups sugar
1/2 teaspoon baking soda
1½ cup shelled peanuts (roasted-crushed)

Caramelize sugar in a heavy pan over low heat, stirring constantly until melted and lightly brown. Remove from fire; add baking soda, stirring only enough to blend thoroughly. Have peanut sprinkle evenly over slightly oiled slab or inverted tray. Quickly pour syrup over nuts in a thin layer. When cold, break into small pieces.

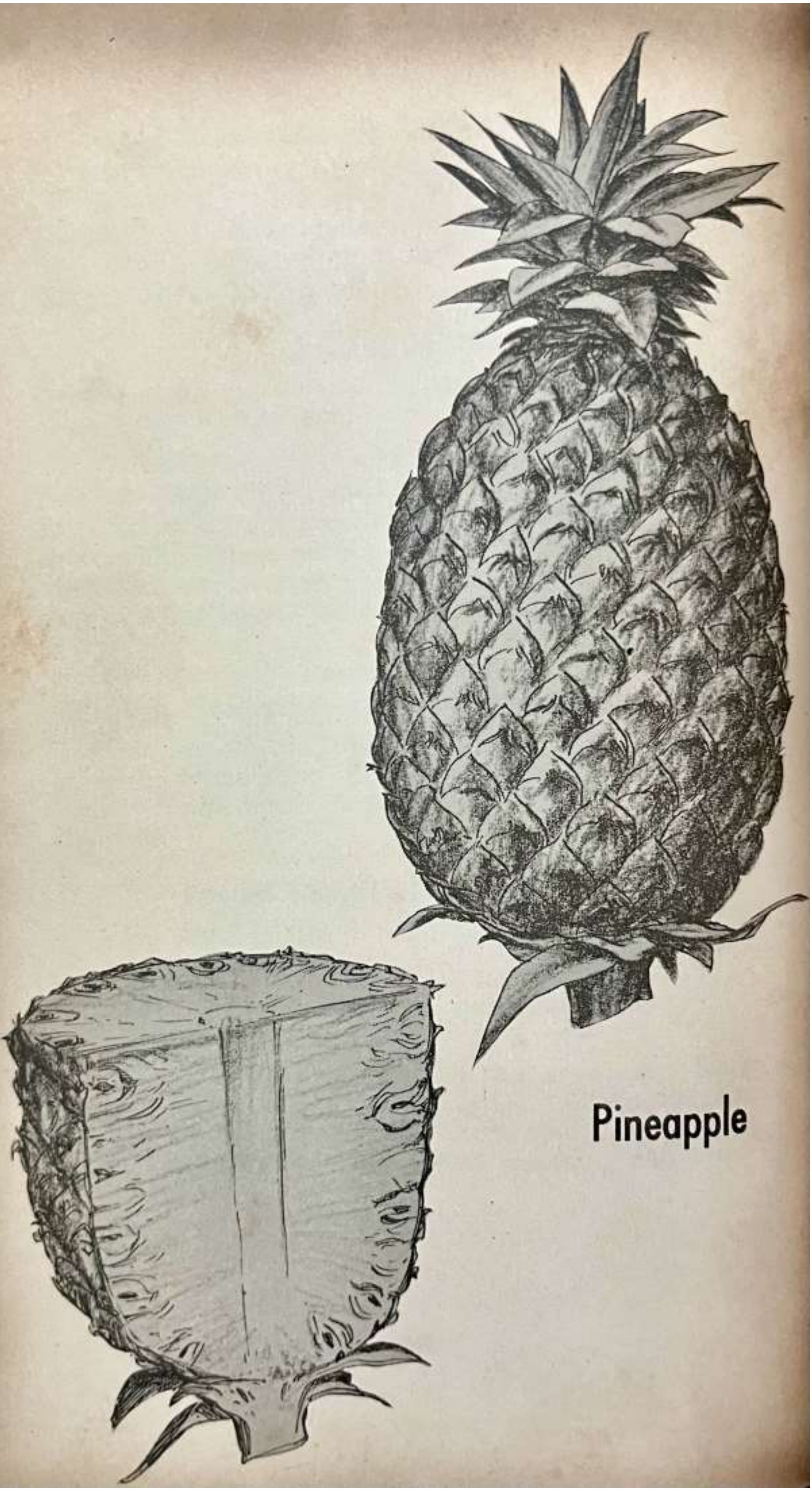
Peanut Butter

Shell peanuts and roast until brown. Rub off the skin and winnow. Grind the nuts in a meat grinder, using the finest plate. If the pulp is still coarse, grind again. If the butter is too thick, thin it with a little olive oil.

Sauted Sigarillas with Peanut

4 cups sliced sigarillas
1/2 cup roasted ground peanuts
2 medium ripe tomatoes, chopped
1/3 cup shelled shrimps
3/4 cup shrimp juice
2 tablespoons cooking oil
Patis or salt to taste

Wash the sigarillas and slice thin crosswise. Saute onion, tomatoes, pork and shrimps. Add sigarillas and mix. Add shrimp juice and allow to boil. Add peanuts before removing from fire. Add seasoning and a teaspoon vetsin.



Pineapple

XXIV. PINEAPPLE

Description: The pineapple is a member of the family *Bromeliaceae*. The plant consists of rosette of stiff succulent leaves on a massive upright stem about two feet long. After 15 or 20 months a determinate inflorecence of lavender flowers appears that is found on a flower stalk several inches in length. The originally separate flowers toy of their bracts consolidate, become fleshy and forms the pineapple fruit which ripens 5 - 6 months later. Seeds are only occasionally found. There are many varieties but those of importance may be classified as falling into Cayenne, Queen of Spanish groups. The variety is the only one employed for canning, the others being used chiefly for small local fresh fruit markets.

Nutritive Value: The pineapple has long been valued for' its distinctive flavor and refreshing qualities. Fresh pineapple is a good source of sugar and a fair source of calcium. The phosphorus and iron contents of fresh pineapple and fresh pineapple juice are low in comparison with those of many other fruits included in this book.

Pineapple of the Smooth Cayenne variety is a poor source of vitamin A, a fair cource of Thiamine, and a fair to poor source of ascorbic acid. Pineapple juice, even when consumed in large quantities tends to make the urine more alkaline. E.K.Nelson has shown that of thc non-volatile acids in pineapple juice about 87% is citric and about 13% is 1-malic acid.

Some people find that eating large quantities of fresh pineapple causes a soreness of the mouth and the esophagus. It has been suggested that the irritation may be due to the combined action of the acid, the protein splitting enzyme (bromelin) and the calcium oxalate crystals.

Pineapple does not increase in sweetness after it is harvested because there is no starch stored in the fruit that will change into sugar. The sugars are formed in the leaves of the pineapple plant and transferred to the fruit. Pineapple is usually sweeter during the summer months when the days are longer and the sunshine more abundant.

Selection: Several factors should be considered in the selection of a pineapple. Color and size alone are not always dependable as guide. A yellow rind is not necessarily an indication of a good, ripe pineapple. Many pineapples reach the market having what dealers call a chocolate green color, or mottled green and brown. If the crown is small and compact, the fruit is likely to be well developed, but if the crown is as long or longer than the fruit it is not likely to be of first quality.

Pulling leaves from the crown is not a dependable test. The best known test is to snap the side of the fruit with the thumb and finger. If the result is a hollow thud, the fruit is sour, not well matured and lacking in juice. A dull, solid sound results from the snap, indicates a well ripened, sound fruit full of juice. The sound test is the most dependable guide in choosing a good pineapple.

Uses: Pineapples are frequently served fresh, alone or in combination with avocado, banana, citrus fruits, mango, or papaya. Pineapple and such other vegetables as carrots and cabbages make good salad combinations. Finger length slices of pineapple are delicious when served in iced tea. The juice makes an excellent iced drink. It may be combined with other fruit juices. Pineapple may be preserved in the form of jams or pickles, or by home canning. Pectin present in pineapple juice is insufficient in making jelly. Before being added to a gelatin solution, the pineapple must be cooked first because bromelin, the enzyme present in raw pineapple, prevents the gelatine from congealing.

Pineapple vinegar or pineapple brandy may be obtained from pineapple juice through proper fermentation.

A very important product obtainable from the pineapple fruit is known as *Nata de Piña*. *Nata de Piña* develops from the pulp after a months fermentation. It is obtained as a white gelatinous mass. Made into sweet meat, nata de piña is considered a delicacy.

Pineapple Jam

1 cup grated pineapple
3/4 cup sugar
1/2 cup milk, evaporated

Add the sugar to the grated pineapple, then cook. When thick, add milk and cook over a slow fire to prevent scorching. Cook to desired consistency.

Pineapple Candy

1 cup finely chopped pineapple
3/4 cup sugar
1 cup non-fat powdered milk
1 tablespoon butter
2 eggs

Cook the pineapple, sugar and milk. Stir frequently and cook until thick. Add slightly beaten eggs and continue cooking until thick enough to roll. Just before removing from fire, add butter. Roll on board and cut into desired shape.

Candied Pineapple

1 cup pineapple, cut into large cubes
1 cup sugar
1/2 cup water

Boil sugar and water. Add pineapple cubes when syrups thickens. Cook until mixture becomes almost dry when exposed to air. Remove from fire. Roll in sugar and allow to dry.

Buko Pineapple Candy

1 cup grated coconut (young)
1 cup shredded pineapple
1¼ cups sugar
1/2 cup milk, evaporated

Combine grated coconut, shredded pineapple and sugar. Cook mixture until thick. Add milk and continue cooking. Remove from fire when the mixture is thick enough to mold into desired shape.

Buko Pineapple Fritter

3/4 cup shredded young coconut
1 cup shredded pineapple
1/4 cup sugar
1/2 cup flour
1/4 cup water
2 eggs

Combine shredded coconut and pineapple. Add sugar. Beat the eggs, then gradually add flour and water to make batter. Add this mixture to the coconut and pineapple. Drop by spoonfuls into deep fat. Fry until both sides are brown.

Pineapple Chutney

- 1 medium sized pineapple
- 1 to 1½ cups vinegar
- 1½ pounds brown sugar
- 2 cups seedless raisins
- 1 tablespoon salt
- 2 tablespoons finely chopped fresh ginger root
- 1 medium sized pulp of garlic, chopped fine
- 2 or 3 finely chopped small fresh or pickled red pepper
- 1/2 cup finely chopped blanched almonds

Peel pineapple, core, and cut into small pieces. Mix all ingredients except nuts. Cook slowly until mixture is quite thick. Add nuts and cook a little longer. Stir frequently to prevent scorching. Pour chutney into hot sterilized jars. Seal at once.

Pineapple Cake

- 1/2 cup shortening
- 1 cup sugar
- 3 to 5 cups sifted cake flour
- 1/2 teaspoon salt
- 3 teaspoons baking powder (Calumet)
- 2 eggs, separated
- 1/2 cup evaporated milk
- 1/2 cup water
- 1/2 cup syrup drained from pineapple
- 1½ teaspoons vanilla
- 2 eggs, separated

Cream shortening and sugar; add beaten egg yolks. Sift dry ingredients. Combine milk, water, and pineapple syrup, and add alternately with dry ingredients. Add vanilla and fold in stiffly beaten egg whites. Pour into paper lined layer cake pans and bake in a moderate oven (350°F) for 35 minutes, or until done.

Pineapple Pudding

- 3 cups milk
- Pineapple syrup from 1 can
- 1 can sliced pineapple, No. 2
- 1 cup sugar
- 1/2 cup cornstarch
- 1/2 teaspoon salt
- 1/2 cup water
- 1 teaspoon butter
- Lemon juice from 1/2 lemon
- 3 eggs whites

Heat milk with syrup from 1 can sliced pineapple. Mix sugar, cornstarch and salt with water and add to milk. Add butter and cook until thick. Remove from fire. Add lemon juice and 1/2 can pineapple cut into small pieces. Fold in stiffly beaten egg whites and turn into mold. Place on ice or refrigerator. When firm, remove from mold and garnish with remaining half can of pineapple and whipped cream.

Paklay

2 cups labong (bamboo shoots)
1/4 kilo pork, cut into pieces
1/2 cup shrimps, shelled
10 pieces camias
1 can pineapple No. 2 or equivalent fresh pineapple
1/3 cup toyo
1 teaspoon salt
2 cloves garlic, pounded
2 tablespoons fat
1 onion, sliced
3 medium size tomatoes, minced

Saute garlic, onion, tomatoes and pork. Add labong, camias and shrimps. Cook until pork is tender. Then add diced pineapple. Season with toyo and salt, if needed.

Pineapple Pie

1 can crushed pineapple
2 egg yolks
3/4 cups white sugar
6 tablespoons cornstarch
2 tablespoons butter or margarine
1 baked pie shell

Mix pineapple, egg yolk, sugar, butter and cornstarch. Cook over low flame until thick, stirring constantly. Transfer to pie shell. Top with merengue made of 2 egg whites beaten stiff and 4 tablespoons sugar. Bake in moderate oven until merengue is brown.

Frozen Rice and Pineapple Pudding

2 cups milk
2 egg yolks
1/2 cup sugar
1 cup cooked rice
1 cup crushed pineapple
1/2 cup frozen evaporated milk, whipped

Scald milk. Beat egg yolks with sugar until light and thick. Add milk slowly, stirring constantly. Cook in double boiler until thick. Add rice and pineapple. When cold, fold in whipped evaporated milk and put in refrigerator until set. Serve plain or with crushed or sliced pineapple.

Pineapple Betty

1 No. 2 can (2½cups) crushed pineapple
2½ cups corn flakes or toasted pinipig
1/4 teaspoon nutmeg optional)
1/2 cup firmly packed brown sugar
1 teaspoon melted butter or margarine

Combine all ingredients and bake in a pudding dish in hot oven for about 20 minutes. Serve with sauce.

Pineapple Crunch Ice Cream

2 eggs
1/2 cup light corn syrup (Karo)
1½ cups milk
1/4 cup sugar
1/2 cup whipping cream
1/4 cup pineapple syrup
1/4 teaspoon almond extract
3/4 teaspoon vanilla extract
1/2 cup well-drained crushed pineapple
1/2 cup toasted coconut

Beat eggs gradually; add sugar, beating until thick. Add corn syrup, milk, cream and pineapple syrup. Mix well. Pour into freezing tray of automatic refrigerator with cold control set at point recommended by manufacturer for freezing ice cream. Freeze to mush. Place in chilled bowl. Beat with rotary beater until light. Add extracts, pineapple, and coconut. Return to tray. Freeze firm.

Pineapple Muffin

5 tablespoons Purico or other shortening
1 cup sugar
2 eggs
1/2 cup grated pineapple
1 $^{2}/_{3}$ cups flour
2 teaspoons baking powder

To the creamed Purico, gradually add sugar and well beaten eggs. Sift flour and baking powder three times and add alternately with the pineapple mixture.

Pour in well greased muffin pans and bake in moderately hot oven (350°F) until done.

Pineapple Punch

1 cupful grated pineapple
2 cups water
2 cups sugar
1/2 cup fresh made tea
Juice of three oranges
Juice of three lemons
1 cup grape juice (optional)
2½ quarts water

Put the pineapple, sugar and water to boil for 15 minutes. Strain through cheese cloth pressing out all juice. Add 1 pint water to pineapple syrup. Add tea, juice and the balance of the water. Serve perfectly chilled.

Pineapple and Papaya Jam

1 fresh pineapple, grated
1 big ripe papaya, mashed
Sugar equal to the combined bulk of papaya and pineapple

Mix all ingredients in a saucepan. Boil in moderate heat until quite thick. Put in a sterilized jar and seal.

Shrimps with Pineapple

1 pound fresh shrimps
1/4 cup flour
2 eggs
1 teaspoon salt
2 teaspoons soy sauce
6 slices pineapple or 1/2 can pineapple chunks
1/4 cup mixed pickle sliced thin
2 tablespoons vinegar
Pineapple syrup

Shell the shrimps and remove black veins running along the back. Make a smooth paste of the eggs, salt and flour with enough water to make a medium thick batter. Dip each shrimp into the batter and fry in deep hot fat. Saute in one tablespoon cooking oil the pickle, pineapple, vinegar, pineapple syrup and soy sauce. Thicken with one tablespoon corn starch and one tablespoon water. Pour over the shrimps that have been arranged in a dish. Serve hot. Note: Pork or chicken may be used instead of shrimps.

XXV. RADISH

Description: Radish is a quick-growing annual herb producing large underground roots. Two forms of radish are grown in the Philippines. One form produces a small, round radish with a red skin and the other produces a much larger, elongated radish with white skin. In both forms, the inner part of the root is white, soft and very piquant. Radish is grown in all parts of the Philippines at all altitudes. They are very popular, common and cheap vegetables which are eaten either raw or cooked.

Nutritive Value: Radish has the general characteristics of a succulent vegetable. They are excellent sources of iron and good sources of calcium. According to Hermano they are excellent sources of vitamin B.

Uses: They are often pickled and made into salad. They are also used as an ingredient for meat stew and boiled fish, as in sinigang. The round radish with a red skin is commonly used as a garnish for salad and other dishes. It is also used as and *hors d'oeuvre.*

RECIPES

Bangus Sinigang

1 medium size bangus
3 tomatoes, cut into pieces
5 green tamarind
1 bunch of kangkong leaves and tender part
1 radish, big scraped and sliced
1 small onion, sliced
Salt to taste

Boil tamarind in 4 cups water. When soft remove from the water and mash. Add water and extract the juice. Clean fish and cut into slices. Boil tomatoes, onion and other vegetables. When mixture boils and vegetables are tender, drop the bangus and the tamarind juice. Season with patis or salt before serving.

Sauted Radish

3 talbespoons fat	1/4 kilo pork, boiled and cut in strips
3 cloves bruised garlic	6 raddishes, sliced or shredded
1 small onion, sliced	1/4 teaspoon pepper
3 tablespoons patis	
1/2 cup shrimp, shelled	

Saute garlic, onion, pork and shrimps. Add patis. Bring the mixture to a boil till the pork and shrimps are cooked. Add raddish and season with pepper. Serve hot.

Pickled Radish

1 cup vinegar	1 tablespoon salt
4 radishes, big	1 tablespoon sugar

Scrape the skin of radishes and cut into strips. Sterilize preserving bottles. Bring the vinegar with salt and sugar mixed to taste into boiling. Put radish in bottles and pour vinegar. Seal the bottles while still hot.

Radish Salad

3 ripe tomatoes	1 hard cooked egg
2-4 radishes	French dressing

Grate radish. Sprinkle salt to the radish and squeeze the juice out to remove its bitterness. Garnish with tomatoes and eggs and serve with French dressing. or dressing made of 2 tablespoons vinegar, 1 tablespoon sugar, salt and pepper to taste.

Radish Kilawin No. 1

3 large size radishes	Salt and pepper to taste
5 tinapa, flaked	2 teaspoons sugar
3-4 tablespoons vinegar	

Grate radish or slice thin. Then sprinkle salt and squeeze the juice out to remove the bitterness. Add vinegar dressing. Flake tinapa and sprinkle it on top. Garnish with tomatoes and eggs.

Kilawin Radish No. 2

3 large size white radishes
1 onion sliced
2 cloves garlic, bruised
2 tomatoes, ripe cut into pieces
Salt and pepper to taste
2-4 tablespoons white vinegar
1/2 shelled shrimps
2 tablespoons cooking oil
1/2 cup shrimp juice

Scrape the thin skin of the radish. Slice and cut into strips. Saute garlic, onion, tomatoes and shrimps. Add radish, then the shrimp juice. When boiling, add vinegar and boil again. Season with patis or salt and pepper to taste.

XXVI. SANTOL

History: Santol is widely grown in the Philippines and certain varieties of the fruit are highly prized by the Filipinos. It is distributed from Northern Luzon to Southern Luzon until farther south as far as Mindanao; both cultivated and wild. They are sold in large quantities in the market. Some fruits are sour, others are sweet. Foreigners regard the fruit as very sour.

Description: Santol trees reach a height of about twenty-five meters. The leaves are alternate and trifoliate. Leaflets are hairy, somewhat elliptical in shape, pointed at the top and rounded or slightly pointed at the base, and about ten to twenty-five centimeters long.

The flowers are yellowish or straw-colored, about one centimeter in length, and occur in considerable number or in compounds.

The fruit is rounded or somewhat flattened, four to eight centimeters in diameter and yellowish. The outer covering is very thick and edible. The seeds are large and surrounded by translucent edible pulp of good acid or tart flavor.

Nutritive Value: According to Hermano, it is a fair source of vitamin B and G. It has been said that it is high in carbohydrate content and fair in iron and deficient in calcium.

Uses: The fruits are eaten raw, used in the making of preserves, jams, jellies, and also used for giving a sour taste to some dishes such as sinigang and kilawin. The juice of the fruit is also used in making punch.

To decrease the acid taste of santol, soak the pared or sliced fruits in lime water from 4 to 6 hours. Mix one tablespoonful of lime (CaO) in 4 cups water. To prevent discoloration, always blanch the santol for about 5 minutes before paring.

Santol Jam

2 cups ground santol pulp
1½ cups sugar
1/2 teaspoon salt

Wash and blanch santol. Peel and remove seeds. Soak pulp in lime water overnight. Chop or grind. Add sugar, salt and boil until mixture is sticky. Put in sterilized jars and seal.

Santol Sweet

6 medium ripe santols
1/2 cup water
1 cup sugar

Blanch santol, peel and remove seeds. Soak in water overnight. Cut in strips or chop. Boil sugar and water, add santol pulp and cook until thick. Place in sterilized jars.

Santol with Coconut Milk and Pork

1/2 cup chopped pork meat
2 cloves garlic, bruised
1/2 cup coconut milk
1/2 cup sliced or chopped onion
1/2 cup santol pulp, soaked overnight in water, then chopped coarsely

Saute garlic, onion, and add pork and santol pulp. Cook until pork is tender. Add coconut milk before removing from heat. Season with salt and pepper.

Santol with Coconut and Bagoong

2 cups finely chopped santol
1 cup thick coconut milk
2 to 3 tablespoons bagoong or small shrimps

Blanch, pare, chop or grate the santol. Cook in coconut milk with bagoong or tiny shrimps. Season with salt and pepper.

Santol Kilawin

1/2 cup boiled alamang
1 cup chopped santol pulp

Mix together and serve as an appetizer.

Santol Punch

3 cups santol juice from 8 to 10 santols
1/2 cups calamansi juice
1 cup sugar, and
1 cup water made into syrup
Ice cubes

Pare and chop the santol without removing the seeds. Add 3 cups water. Allow to stand for about one hour, then strain. To the strained juice, add calamansi juice and syrup. Serve with ice cubes.

Santol Preserve

10 ripe santols (with thick skins)
4 cups sugar
4 cups water

Put santol in boiling water for 3 minutes. Transfer to cold water. Peel as thin as possible. If to be canned whole, prick with a pin and soak in rice washing overnight. Rinse in clear water. Drop in boiling water for about 2 minutes. Drain and squeeze each fruit to remove most of the water. Drop in boiling water and allow to boil for about ten minutes. Remove from fire and let stand for about a day. Boil the syrup again without the santol until a little bit thick, or add more sugar. Pack the santol in jars and pour the syrup. Seal and sterilize for 30 minutes.

Santol Jelly

Wash and blanch newly gathered, just ripe or underripe santol. Cut into small pieces. Boil until soft with just enough water to cover the santol. Squeeze the juice out and allow to settle. Strain juice through a muslin bag. Test for pectin; measure and add sugar in the proportion of 1 to 1. Boil, skim and determine "jellying" pectin. When this point is reached, transfer to jelly jars and allow to cool. Pour melted parafin over jelly and cover. Label and store.

XXVI. SOURSOP—GUYABANO

History: The fruit, a native of tropical America, was described as early as 1528 by Gonzalo Hernandez de Oviedo in his natural history, although it is probably more popular in Cuba than in any other place. The name *Soursop*, by which the fruit is known in most English speaking countries, is of West Indian origin. The history of its introduction in the Philippines is unknown.

Description: The soursop, *Annona Murricata*, with a large heart shaped fruit, is generally cultivated, but it sometimes grows wild. A single fruit may weigh five pounds. The thick skin or rind is deep green and is covered with numerous short pliable spines. The flesh resembles that of cotton soaked in a highly aromatic liquid. The pulp contains many shiny brown seeds.

Nutritive Value: Soursop is a poor source of calcium but a fair source of iron. It is a good source of phosphorus. It was found to be a poor source of thiamine and a fair source of ascorbic acid.

Uses: The soursop has an acid flavor and a pleasant, refreshing odor. The fruit may be extracted by forcing the pulp through a potato ricer or fruit press, or by squeezing it through several thickness of cheese cloth. The pulp forced from the seeds and pulled or cut into pieces may be chilled, sweetened, and served as breakfast fruit, or it may be used in a salad, in ice drinks, sherbets, and in gelatine dishes. The soursop blends well with banana, orange and pineapple. Green or unripe fruits make a delicious preserves. They lend pastillas and nougats a very tasteful flavor.

RECIPES

Soursop Dessert

1 cup sugar
1 cup soursop pulp, just ripe
1 teaspoon lemon juice

Caramelize sugar; add pulp and lemon juice. Boil until dry and syrupy.

Soursop Jam

- 2 cups soursop pulp, ripe or unripe
- 2 cups sugar
- 2 teaspoons lemon juice

Cover pulp with sugar. Add lemon juice and boil until thick. Pour into sterilized jars at once. Seal as jelly.

Soursop Ade

- 1 cup sugar
- 3½ cups soursop juice, ripe
- 3 cups water
- 3 tablespoons lemon juice

Make syrup of sugar and water. Mix soursop juice and syrup and lemon juice. Pour over cracked ice and serve.

Soursop and Pineapple Sherbet

- 1 cup sugar
- 1 cup water
- 1 cup pineapple juice
- 1 egg white
- 1½ cups soursop pulp

Boil sugar and water for five minutes. Cool to luke warm. Add to fruit juice. Add slightly beaten egg white. Freeze in an ice cream freezer, or in the refrigerator freezer.

Soursop Sherbet

- 1 cup sugar
- 2 cups water
- 2 cups soursop juice
- 1 egg white
- 1 teaspoon lemon juice

Combine sugar and water and boil for five minutes. Cool to luke warm and add fruit juices and egg white slightly beaten. Freeze in the refrigerator freezer.

Soursop Served with Sugar

- 1 ripe soursop
- 1/2 cup sugar

Pare and remove the pulp at the center. Cut into small pieces. Remove the seeds. Serve with sugar.

Soursop Preserve

1 small soursop (unripe)	1 cup water
1 cup sugar	

Blanch and pare soursop. Cut into small pieces and remove seeds. Add water to sugar and boil. Add soursop and cook for five minutes. Remove from heat and allow to soak in syrup overnight. The next day boil the syrup without the soursop to thicken. Return the soursop into the syrup and boil again. Add more sugar, if necessary. Put in sterilized bottle and seal.

Soursop Mousse No. 1

20 marshmallows	2 tablespoons sugar
1 cup soursop juice	1/4 cup water
1 cup whipping cream	

Add sugar and marshmallows to the water. Place over a low heat until the marshmallows are softened and a smooth mixture is obtained. When the mixture is cold, add soursop juice and allow to stand in a cool place until partially congealed. Add cream which has been whipped. Pour into a mold, and pack in ice, using a mixture of 8 parts of ice to one part coarse salt by measure or freeze in a mechanical refrigerator.

Soursop Mousse No. 2

1 bar gulaman	1 small can evaporated milk, frozen until crystals are formed
1½ cups water	
1 cup soursop juice	
1 cup sugar	

Boil gelatin in water until dissolved. Combine gelatin mixture and soursop juice. Add sugar and stir until dissolved. Chill. Whip evaporated milk, fold into gelatin mixture. Freeze as directed in recipe for Soursop Mousse No. 1.

Soursop Nougat

2½ cups mashed soursop	2 tablespoons wine (optional)
2 cups sugar	1 egg yolk
1 cup powdered milk	

Mix together in saucepan and place over a low fire. Stir until a thick paste is formed. Add unbeaten egg yolk; continue cooking over low fire until nougat is thick. Roll nougat in sugar.

Soursop Punch

1 cup sugar
1 cup soursop juice
1 cup strong tea
1/2 cup calamansi juice
1 quart ice water

Peel ripe soursop fruit; remove the seeds from the pulp and press in a potato masher or any kind of squeezer. Combine all the ingredients together in a bowl and add ice. Stir. May be colored, if desired.

Soursop Pastillas

1 cup unripe, boiled and mashed soursop
1½ cups sugar
1/4 cup water
2 cups powder milk, skimmed

Mix all ingredients in a saucepan. Stir constantly over a medium fire until smooth and thick. Spread on a board; cut into desired size and roll in sugar. Serve wrapped or unwrapped.

XXVIII. SQUASH

History: This species is a native of tropical America but is now widely cultivated both in tropical and in temperate countries.

Early explorers of America state that the aborigines cultivated squash (pumpkin) with Indian corn as is today a common practice. Wittmack found pumpkin seeds in Peruvian tombs which are believed to be already in existence before the discovery of America.

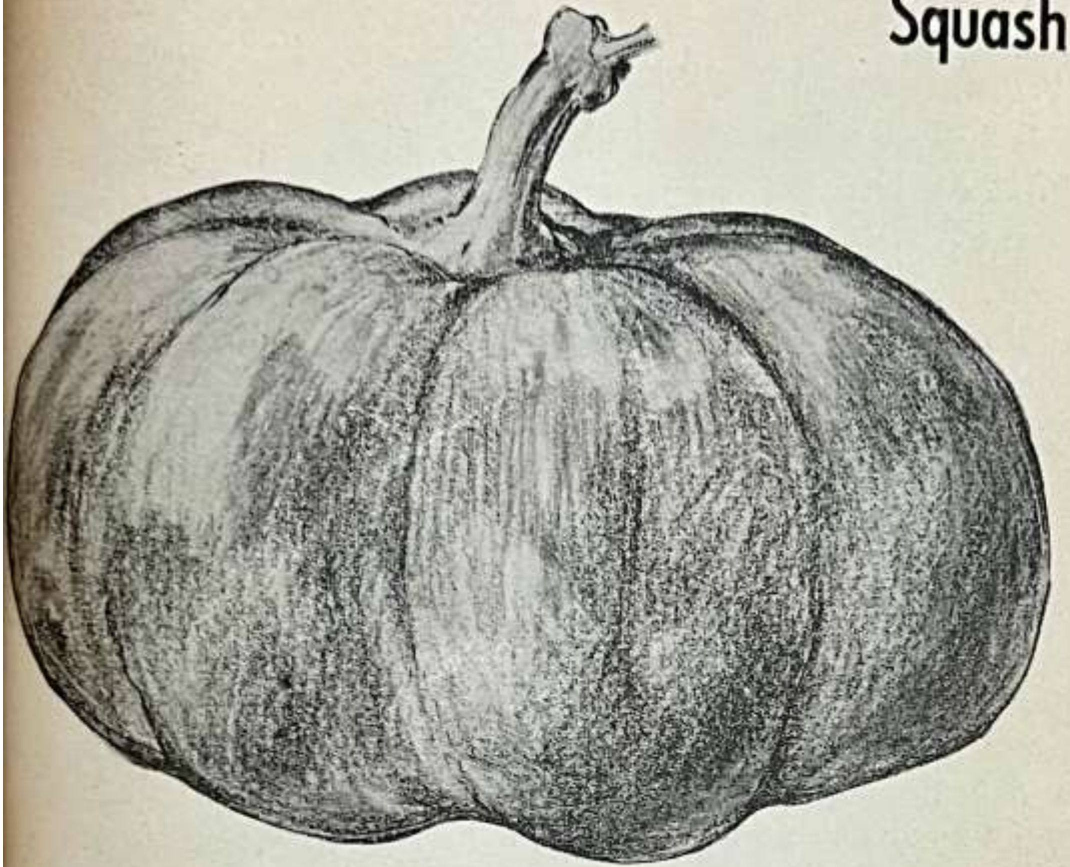
Description: The squash is a very coarse, prostrate or climbing herbaceous vine which attains a considerable length. The leaves are coarse, large (15 to 30 centimeters in diameter) and shallowly five-lobed. The flowers are bell-shaped, yellow and about 12 centimeters wide with a five-lobed corolla. In female flowers, the young squash can be seen below the calyx. • The fruit is large, flattened lobe, one with a brownish exterior and a yellow flesh. This plant is commonly known as "calabaza" and scientifically named *Cucurbita Maxima Duesne.*

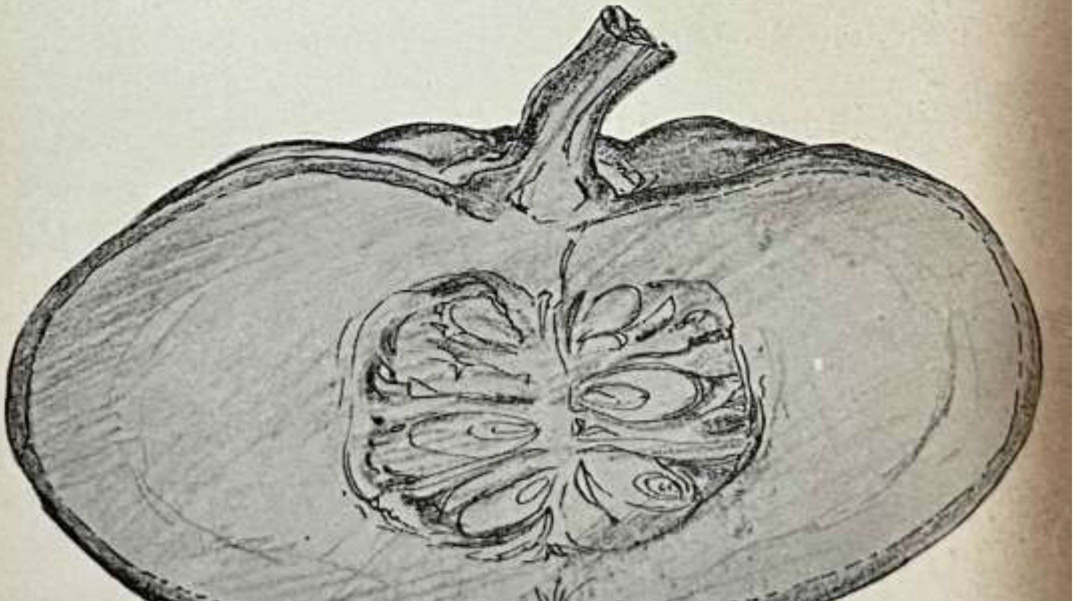
Nutritive Value: Squash is one of the best vegetables that we produce in the Philippines. It has the general characteristics of succulent vegetables.

The squash is frequently classed as energy vegetable, although its total carbohydrate contents is composed of both sugar and starch, and is about half the amount found in white potatoes. Any variety of squash or pumpkin with deep yellow flesh is an excellent source of vitamin A, a fair source of thiamine, a fair source of calcium and iron, and a poor source of phosphorus. After cooking, they retain negligible quantities of ascorbic acid. Tests show that the flowers have little or no thiamine.

Squash vine tips and young leaves are a fair source of calcium and thiamine and a good source of phosphorus, iron, vitamin A, but contain practically no ascorbic acid after cooking.

Squash





Uses: The squash fruit is the most useful part of the plant. The flesh of the yellow squash is used largely as a vegetable. They make an excellent substitute for pumpkin in pies. They are good when baked, boiled or in stews, and make excellent cakes and candies.

The young leaves, flowers and shoots are used for food, and they not only make appetizing and delicious dishes but they help supply the body with the necessary nutrients.

The squash flowers are cooked with a little pork, tomato and seasoning. The tips are cooked and used as a salad or in combination with other vegetables, seasoning and fish or bagoong. The squash fruit is cooked alone and seasoned with bagoong, or combined with cooked dishes of other vegetables, fish or meat. Combined with coconut milk and sweetened, the fruit is used as a dessert.

Selection and preparation: When selecting a squash, choose one with a hard skin that cannot too readily be pierced with the fingernail. A very soft skin usually indicates that the squash or pumpkin has been harvested at an immature stage. The seeds and rinds or skins of most varieties are discarded. However, the skin of many of the local squash is edible. It is therefore economical not to pare the fruit.

The squash seeds are boiled in salted water and then dried in the sun.They are sold and eaten like water melon seeds (buto ng pakuan).

RECIPES

Squash Pancake

1 cup strained boiled squash
1/2 cup flour
1 cup sugar
1/4 cup milk
1 egg
1/2 teaspoon baking powder

Mix above ingredients with well beaten egg. Stir in and drop by spoonfuls on slightly greased pan to cook as in hot cake. Remove from pan when brown. Serve still hot with sugar or syrup.

Squash Pie

- 1 cup boiled and mashed squash
- 1/2 cup sugar
- 1 tablespoon butter or margarine
- 1 cup milk
- 2 eggs
- Lemon rind or calamansi skin chopped fine

Cook until thick and fill a pan pie lined with crust.

Pie Crust

- 2½ cups flour
- 3/4 cup margarine or any solid fat
- 1/4 teaspoon salt
- 5-8 tablespoons water

Mix flour and fat with a fork or finger tips. Add water, little by little, mixing with fork. Divide into 2 portions. Roll each portion on a floured board. Line a pie plate. Fill with the squash mixture. Roll the other half of the dough and cover the pie. Trim the edge and flute it. Bake in hot oven until the crust is golden brown.

Squash Balls

- 2 cups mashed squash
- 1 cup sugar
- 1/2 cup powdered whole milk
- 1 cup flour

Mix all ingredients in a bowl using one-fourth cup water if necessary. Form into balls using one tablespoon for every ball. Fry in deep hot fat until brown. Roll in sugar, and serve hot or cold as a dessert.

Sitaw, Squash and Fresh or Dried Shrimps

- 1 bunch or 1/2 pound sitaw (cowpeas)
- a portion of squash
- 1½ cups water
- 1/2 cup dried or fresh shrimps
- 3 tablespoons bagoong
- 2 green onions, finely cut

Remove ends and strings from the cowpeas and break into 1½ inch lengths. Pare squash, remove seeds and cut into 1/2 inch cubes. Add shrimp to water and simmer about 2 minutes. Add bagoong to taste. Add squash and cook about 6 minutes, or until almost tender.

Add cowpeas and green onions and cook 5 minutes longer, or until cowpeas and squash are tender.

One pound of cowpeas may be used in this recipe and the squash omitted or one pound of squash may be used and the cowpeas omitted.

Squash Custard

1 cup milk
1/3 cup brown sugar
1 egg slightly beaten
Pinch of salt
1 cup mashed cooked yellow squash
1/4 teaspoon vanilla

Combine all ingredients, mixing until smooth. Pour into greased custard cups or casserole; cover with paper. Place in a steamer or on a rack over hot water and steam until firm. The cups or casserole may be set in a pan of water and baked at (350°F) for 30 to 40 minutes or until an inserted paring knife blade comes out clean. Do not cover baked custard with wax paper.

Squash Pudding

1 cup mashed squash
2 eggs
1/2 cup sugar
1/2 cup milk
1 teaspoon vanilla
1/2 cup raisins

Boil pared squash and mash it. Add sugar, milk, raisins and vanilla. Beat eggs slightly and add to squash mixture. Beat thoroughly for one minute. Transfer to a greased mold and bake at 350°F for 35 minutes. Test with a tooth-pick when cooked. If nothing sticks to the tooth pick, remove from oven to cool. Serve cold.

Squash Pastillas

1 medium size squash
2 cups powdered milk
1½ cups sugar
Lemon or calamansi juice

Cook squash and mash. Then strain and combine all ingredients together. Cook until thick and can be rolled. Transfer to a board sprinkled with powder milk. Roll about half an inch thick. Cut into strips about two inches long. Serve wrapped or unwrapped.

Moulded Squash

2 cups cooked mashed and strained squash
1 cup sugar
2 cups coconut milk
2 eggs
3 cups gelatin (liquid)

Dissolve 2 bars gulaman in 3 cups boiling water to make gelatin liquid. Mix above ingredients and cook until mixture thickens. Mix gelatin and put in a mould, then place in a cool place to set.

Moulded Squash

1¼ cups boiled strained squash
1 cup pure coconut milk (first extraction)
2 cups coconut milk (second extraction)
1 bar white gulaman
1 cup sugar
1 tablespoon calamansi rind, chopped fine
2 tablespoons cornstarch
1/2 cup sugar
2 cups evaporated or coconut milk
2 egg yolks

Mash and strain boiled squash. Wash gulaman and cook with second extraction of coconut. Stir well and gradually add squash, sugar and calamansi rind. Transfer to a mould and set aside to cool. Serve with dressing made as follows:

Dressing: Beat egg yolks slightly. Combine pure coconut milk, sugar and corn starch, and boil; then add egg yolks gradually to the mixture, stirring constantly and boil for 3 to 5 minutes more. Remove from fire and allow to cool.

Ukoy

1 cup grated squash
1/2 cup flour
1/2 cup cornstarch
1 onion, sliced thin
1 teaspoon salt
15 to 20 boiled shrimps
1 cup water or juice from head of shrimps
Pepper to taste
Lard for frying

Mix flour, cornstarch, water and seasoning. To the grated squash add onion and flour mixture. Put enough of mixture in a saucer and place 2 to 3 shrimps on top. Slip into the hot fat and fry until brown. Serve with vinegar, salt, pepper and pounded garlic.

Mafran

1 cup mashed strained squash	Pinch of cloves and nutmeg
10 medium sized ripe tomatoes	3 tablespoons sugar
2 tablespoons salt	2 hot pepper
	Dash of powdered pepper

Boil squash. Mash and strain. Chop tomatoes, boil and strain. Add strained tomatoes to strained squash. Add hot pepper squeezed in water. Pass through strainer and add to mixture of squash and tomatoes. Add salt, cloves and nutmeg. Mix thoroughly. Season to taste, adding more spices if necessary. Boil to right consistency. Allow to cool and place in a jar with cover.

Squash Jam

1 medium size squash	Lemon rind or calamansi skin chopped fine (optional)
2 cups coconut milk	
1 cup sugar	

Mash boiled squash. Add sugar, coconut milk and flavoring. Cook until thick, stirring constantly to keep from being burned. Put in a sterilized jar or pour on a greased plate. Allow to cool and serve in slices.

Squash Candy

1/2 kilo squash	2 cups water
4 cups sugar	

Cut the squash into one inch cubes after removing the seeds. Boil in syrup, a mixture of the sugar and water until partly cooked. Remove from fire and allow the squash to stand in syrup for a day. Boil the syrup again without the squash until it has thickened. Return the squash in syrup and allow to simmer for a while. Let stand another 24 hours. Drain the squash from syrup. Roll in sugar and allow to dry.

Squash Guinatan with Bagoong

1/4 kilo squash	2 cups coconut milk
2 to 4 tablespoons bagoong	

If the squash is young it does not need to be pared. Cut it into cubes and cook it together with the coconut milk, and before removing it from the fire add the bagoong and cook a minute longer.

Sauted Squash and Habichuelas (Baguio Beans)

- 1 cup shelled shrimps, cut into pieces
- 4 cups diced squash
- 2 ripe tomatoes, minced
- 2 cups shrimp juice
- 1/2 cup soaked sutanjon (optional)
- 15 to 20 string beans (Baguio)
- 1/2 cup pork with fat, cut into pieces
- 1 onion, sliced
- 2 cloves garlic, minced
- Patis to taste

Melt the pork fat. Use the lard for sauteing the garlic, onion and tomatoes. Add the string beans, then the squash. Stir a while, then add the shrimp juice and sotanghon previously soaked in water and stir until it boils. Continue cooking until the vegetables are tender. Season with patis or salt and pepper.

Squash and Camote Fritters

- 1 cup boiled and mashed squash
- 1 cup boiled and mashed camote
- 2 eggs
- 2 tablespoons sugar
- 3/4 cup flour
- 1 tablespoon salt
- 1 teaspoon baking powder

Mix the camote and squash thoroughly until well blended. Add the unbeaten eggs and continue mixing. Sift flour, sugar, balking powder and salt. Add the sifted ingredients to the squash mixture. Mix well. Drop by tablespoonfuls into deep fat and fry until fritters are brown. Roll in sugar before serving, as a dessert or snack.

Squash Preserved in Syrup

- 1 small squash
- 2 cups sugar
- 3 cups water
- 2 tablespoon lime powder (Apug)

Cut the squash into slices, removing the seeds. oS in water in which the lime has been added, for six hur or over night. Boil the sugar in equal amount of water, then add the squash that has been rinsed in water. When thick enough, remove from the fire and let stand for a day or two. If syrup is not thick enough, boil again or add more sugar. May be preserved in a sterilized jar.

Squash Fritters or Turon

2 cups boiled and mashed squash	10 lumpia wrappers
1/4 cup comdensed milk	Lard for frying

Add the milk to the mashed squash. Wrap a portion in a lumpia wrapper and fry in hot fat. Dip in granulated sugar before serving as dessert.

XXIX. SWEET POTATO (CAMOTE)

History: The Spanish name, patata comes from the Peruvian Papa, the name of a wild morning glory; native to tropical South America and China. The Spaniards learned to eat the sweet tubers that the Incas cultivated on the western slopes of the Andes. Sweet potatoes are now grown in the warm parts of all countries including the East and West Indies. China cultivated the vegetable a few centuries before the Christian Era. So the sweet potato can hardly be claimed to be exclusively an American plant. It is one of those cosmopolitan "weeds" whose value was independently discovered on both sides of the globe by hungry, primitive men, who nibbled any fleshy root that tasted good and laid it on the fire to soften it by roasting or parching. The next step was to cultivate the plant. In time, the size of the tubers has been increased and improved through proper selection of cuttings and better tillage.

Description: The sweet potato plant is a creeping vine, with its coiling stems and trumpet shaped flowers. The seeds are borne in dry, two celled capsules. Underground, the sweet potato forms tubers, which are true roots. No eyes are seen on the sides or ends of the sweet potato but fibrous roots instead. The sweet potato is rich in starch and sugar and has a distinctive flavor that makes it a favorite root vegetable in many lands.

Uses: The stems and leaves of the sweet potato are used as vegetables. They contains vitamin B, and are a good source of vitamins A and C. Syrup is manufactured from ripe roots; flour is made from dried sliced roots. Sweet potato flour, glucose and even alcohol are commercial products obtainable from sweet potatoes. The vines are cured and fed as hay. Small and damaged tubers are fed to stock. As food, the roots are eaten, either boiled, baked, fried, mixed with rice and meat as in puchero, or made into preserves. Sweet potato is also used as staple food when rice is scarce and the poor people usually depend on this plant. It is widely used as a substitute for rice or for white potatoes.

Varieties: There are more than one hundred varieties of sweet potatoes, varying in yield, adaptability for food, susceptibility to diseases and their character, making it necessary for growers to exercise great care in the choice of varieties to grow. Bruising and cutting must be carefully guarded against in digging the crop, for the soil is full of fungi and decay is quickly started in a tuber when the skin broken. The locally most popular variety is the "Samar Big Yellow," and the "Jersey." "Yam" is a southern state name, applied to some yellow fleshed varieties of sweet potato. A number of the sweet potato varieties are more fit for hog feeding than for human consumption.

Nutritive Value: The sweet potato tubers contain starch and saccharine matter and yield a high percentage of alcohol. The camote contains calcium, iron, carbohydrates, protein, fat and phosphorus. The richest nutrients in camote lie near the skin; so, avoid thick paring.

RECIPES

Steamed Camote

Wash and scrub the camote. Boil or steam until tender. Peel before serving.

French Fried Camote

Wash and pare the camote. Dice or cut in wedges. Soak in cold water for one hour. Then drain until dry. Fry in deep fat. Sprinkle pepper and salt. Serve hot with fried, toasted or boiled meat.

Shoestring Camote

Pare the camote and cut them into slices 1/8 inch thick; then cut these again lengthwise into matchlike strips. Let camote stand in cold water for one hour and drain. Pat dry with a cloth and cook in deep fat until brown and crisp. Drain in soft paper, season with salt and pepper. Serve immediately.

Baked Camote

Select medium sized or large camotes; scrub and rub the skin all over with a little cooking fat of any kind. Place in pan and bake in moderate over until the camote is soft (from 40 to 60 minutes according to size).

Alpahor

2 cups coconut milk
1½ cups sugar
1/4 teaspoon roasted and powdered anis.
2-4 medium size sweet potatoes (pared and sliced about 1/4 inch thick)

Boil coconut milk and sugar. Add sweet potatoes that have been dried slightly in the sun. Continue boiling until sweet potatoes are cooked and the syrup is quite thick. Add anis to flavor.

Glazed Camote

2-3 camotes
1/2 cup sugar
2 tablespoons butter

Boil camotes, peel and slice thick. Arrange on a pyrex or baking pan. With butter, grease the top of camotes and sprinkle sugar. Bake at 340°F until sugar dissolves.

Camote Dulce

2 or 3 medium size camotes
1 cup sugar
1 cup water

Pare and slice or cube camote. Make syrup out of sugar and water. Add camote. Cook until camote is done and syrup is quite thick.

Camote Tops Salad

1/3 cup water
1 bunch camote tops
1 ripe tomato, sliced
1/2 onion, chopped
2 tablespoons vinegar
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon sugar

Wash camote tops and steam with the water that clings to it. When cook, drain. Arrange on a salad plate. Pour over the mixture of vinegar, salt, pepper and sugar. Garnish with slices of ripe tomatoes and chopped onion.

Buche

2 sweet potatoes, boiled
1 cup rice flour or wheat flour
1/3 cup water or milk
Fat for frying

Mix well sweet potatoes, flour and water. Fry mixture by spoonfuls in deep hot fat until golden brown. Roll in sugar before serving.

Camote Puffs

2 camotes, boiled
1/4 teaspoons salt
Dash of pepper
1 egg, well beaten
Bread crumbs
Fat for frying

Boil camotes. Peel and pass through the ricer. Add salt, pepper and egg. Mold into balls. Toss on bread crumbs until coated. Fry until brown.

Kinalte

3-4 camotes
1 cup sugar
1/4 cup water
Fat for frying

Pare camotes and slice thin. Soak in cold water for a minute or two, then drain. Fry until brown and crisp. Boil sugar and water until it spins thread. Pour over the camote that has been spread on a plate or platter or banana leaf.

Maruya

1 cup flour
2 teaspoons baking powder
1 tablespoon sugar
1/4 teaspoon salt
1 egg
1/4 cup milk
4 or 5 camotes, grated

Mix and sift dry ingredients. Add egg and milk, then add grated camote. Drop by spoonfuls in deep hot fat. Before serving, sprinkle with sugar.

Ham and Sweet Potato Balls

2 cups boiled, mashed camotes
1/2 teaspoon salt
1/8 teaspoon cloves (optional)
2 eggs, well beaten
1/2 teaspoon mustard (optional)
1 cup cornflakes, or toasted bread crumbs, powdered

Combine camotes, salt, cloves and mustard. Then mix well the eggs. Shape into balls. Roll balls in crumbs. Fry until brown. Drain on absorbent paper. Serve with ham.

Sweet Potato Pudding

1 cup cooked mashed sweet potatoes
2/3 cup milk
1/3 or 1/2 cup sugar
1 egg
1/4 teaspoon salt
1/2 teaspoon nutmeg
1 teaspoon butter

Combine all ingredients except egg white. Beat egg white until stiff; then fold into the mixture. Pour into casserole or individual cups and bake at 350°F for twenty minutes. Serve with milk, cream or pudding sauce.

Escabeche with Camote

1 medium size fish
1 teaspoon salt
1/2 cup fat
2 camotes, cut in narrow strips, fried
4 tablespoons vinegar
2 cloves garlic, crushed
1 large onion, sliced
4 tablespoons toyo
2 tablespoons cornstarch
2 cups water

Clean and salt the fish, then dry. Saute garlic and onion. Set aside. Prepare sauce by boiling mixtre vinegar, sugar, toyo and water thickened with cornstarch. Add sauted vegetables to the sauce; pour over the fish. Garnish with camote and fresh green onions.

Camote Pastillas

- 5 cups boiled camote
- 2½ cups sugar
- 1 tablespoon calamansi rind
- 1½ cups evaporated milk or 1 cup powdered milk (skimmed)

Add sugar calamansi rind and milk to the mashed camote. Stir constantly over slow fire. When very thick and can be rolled, transfer to a board sprinkled with powdered milk and sugar. Roll and cut, and wrap with colored paper.

Camote Cookies

- 3 cups cooked and mashed camote
- 4 tablespoons melted fat
- 1 cup sugar
- 1/2 cup flour
- 1 teaspoon baking powder
- 1 egg, well beaten

Mix thoroughly flour, baking powder, egg, sugar and mashed camote. Put into a cookie presser or drop by tablespoonfuls on buttered sheet. Sprinkle top with sugar or decorate with raisins or nuts. Bake for thirty minutes in moderate oven (350°F) or until done.

Camote Jam

- 4 big size camotes, cooked, mashed and strained
- 1 cup sugar
- 1 cup thick coconut milk
- 1 cup thin coconut milk

Combine all the ingredients, except thick milk. Boil until thick, stirring constantly. Add thick coconut milk and boil again until thick and sticky. Serve cold.

Camote Candy

- 4 big size camotes
- 1 cup sugar

Slice camote thinly and mash. Make thick syrup and add sliced camote. Allow to cool. Remove camote from syrup and roll in sugar. Arrange on a receptacle and allow to dry.

Camote Lankoga

1 cup ripe langka
1 cup camotes, cubes
1 cup ubi, cubes
1cup bananas, cubes (saba)
1 cup rice flour, malagkit
4 cups thin coconut milk
1 cup thick coconut milk

Mix camotes, ubi, bananas and thin coconut milk and boil. Form rice flour into balls; drop to the boiling mixture. Add sugar. Then add the thick coconut milk. Serve hot or cold.

Camote Croquette

2 cups mashed camote
1 teaspoon salt
2 eggs, beaten
1 cup bread crumbs
Fat for frying

Mix mashed camote and salt; form into balls. Dip in beaten eggs and roll in bread crumbs. Fry until golden brown. Serve with meat.

Camote Raisin Pudding

2 cups boiled and mashed camote
1 cup milk
1/4 cup butter
1/2 cup cake flour
3/4 cup raisins
1 cup brown sugar
2 eggs unbeaten

Cream shortening and sugar together. Add the camote, milk and flour. Add raisins and eggs. Pour in greased baking pan. Sprinkle with sugar. Bake or steam. Serve with white sauce.

Camote Chips

1 big camote
Fat for frying

Pare camote and slice thin with a vegetable slicer. Soak in cold water to wash out some of the starch. Drain well. Fry in deep fat until brown and crisp. Serve with meat as in beef steak or pour thick syrup as dessert.

XXIX. POTATO (WHITE)

History: Potato is native of South America. From there, it was introduced to Europe by the Spaniards in the 16th century and in 1586 it was carried to Ireland. About a hundred years elapsed before the value of the potato as food crop was appreciated generally. The cultivation proceeded most rapidly in Ireland, and within a few generations, it spread to the North American continent.

Description: The potato plant is an herbaceous perennial of the *Solanaceae* or night shade family, and its culture is annual. It is propagated by the division of the tubers, short thickened underground stems with numerous eyes and buds. The tubers are similar to that of sweet potato. The only difference is the skin. The potato has a thinner skin and is usually smaller in size. The color is brown, unlike that of the camote which has a variety of color.

Food Value: The value of the potato as food lies in its easily digested starch content. It is one of the most important energy foods. Unlike sweet potato, it is deficient in vitamin A, but it is a fair source of thiamine. Because of its mineral content which gives an alkaline reaction, it helps maintain the body's normal acid-alkaline balance.

Uses: Potato is the staple food of the Occidentals as rice is to the Orientals. In the Philippines, it is commonly used as an ingredient for stew, salads and soups. It is also made into chips, puddings and croquettes. Sweet potato makes a good substitute for white potatoes. The former is cheaper than the latter.

RECIPES

Potato Patties

2 potatoes
2 tablespoons flour
1 tablespoon grated Swiss cheese
2 tablespoons butter
Tomato sauce
Salt to taste

Boil the potatoes in their jockets. Peel and mash and add flour, butter, grated cheese and salt. Mix well and shape in round patties, rather thick, making a hole in the middle. Cook in a well greased baking dish, in a hot oven (400° to 450°F). When they are nicely browned, pour over them tomato sauce, and serve hot in the baking dish.

Potato Fritters

- 3 potatoes
- 3/4 cup powdered sugar
- 3/4 cup flour
- Lemon or orange flavoring

Pare the potatoes and boil in salted water. Mash them; add sugar and flavor with a little lemon or orange. Allow the mixture to cool. Then add flour and knead the dough until it is very firm.

Spread the dough with rolling pin and cut it with the biscuit cutter. Fry in deep fat (360° to 370°F) until brown; then drain on brown paper.

Potato Salmon Pie

- 1 No. 1 can salmon
- 2 cups thick white sauce
- 1 cup cooked peas
- 2 cups mashed potatoes
- 1 tablespoon butter

Bone and flake salmon; add hot sauce and drained peas. Place in a baking dish; top with potatoes. Dot with butter; brown in hot oven (450°F) for fifteen minutes.

Stuffed Potatoes on the Half-Shell

- 2 large potatoes
- 1 cup milk
- 2 tablespoons butter or margarine

Use large potatoes; scrub and bake. Cut potatoes in two lengthwise. Scoop out the inside without breaking the shell. Mash well. Add butter, salt and milk. Beat well and pile lightly back in the shells. Do not smooth down the top. Place in shollow pan, return to the oven (400°F). Brown lightly on top. Tuck in small wieners before serving, if desired.

Potato Suzette

6 medium sized potatoes
1/2 cup hot milk
1 tablespoon grated cheese
2 tablespoons melted fat
6 eggs
6 tablespoons butter crumbs
Salt and pepper

Prepare as for potatoes on the half shell. Refill the shell almost to the top, Break an egg into each opening, Season with salt and pepper and sprinkle with buttered crumbs that have been mixed with grated cheese. Bake in a slow oven (250° to 350°F) long enough to set the egg and brown lightly.

Scalloped Potatoes

6 medium sized potatoes
2 tablespoons flour
4 tablespoons butter
Milk
Salt and pepper

Pare raw potatoes and cut them into thin slices. Place in a baking dish a layer of the potato an inch deep. Season with salt and pepper; sprinkle a portion of the flour over each layer, add a part of the butter in bits. Repeat and continue until required amount is used. Add milk until it can be seen between the slice of potato; cover and bake (350° to 400°F). Remove the cover during the last fifteen minutes to brown the top. Serve from the baking dish.

Potato Puff or Souffle

2 cups hot mashed potatoes
2 eggs
1 cup milk
2 tablespoons butter or margarine

To the mashed potatoes add the fat, the eggyolks which have been beaten, and the milk. Stir until well blended and then fold in the stiffly beaten egg white and bake in pyrex dish in a moderate oven (350°F) for twenty to thirty minutes. Serve at once.

Savory Potato Cakes

1 egg
2 tablespoons butter or other fat
1/2 tablespoon salt
2 cups hot riced potatoes
2 tablespoons chopped mint leaves
1/4 teaspoon paprika
Sifted bread crumbs

Add egg yolk, butter, seasonings and mint to potatoes. Shape into cakes; dip into the slightly beaten egg white, which has been diluted with two tablespoons water. Roll in crumbs, and fry in deep fat (390°F) until brown.

Potato Pan Cakes

2 big grated potatoes
2 eggs, well beaten
2 tablespoons flour
1 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon onion juice

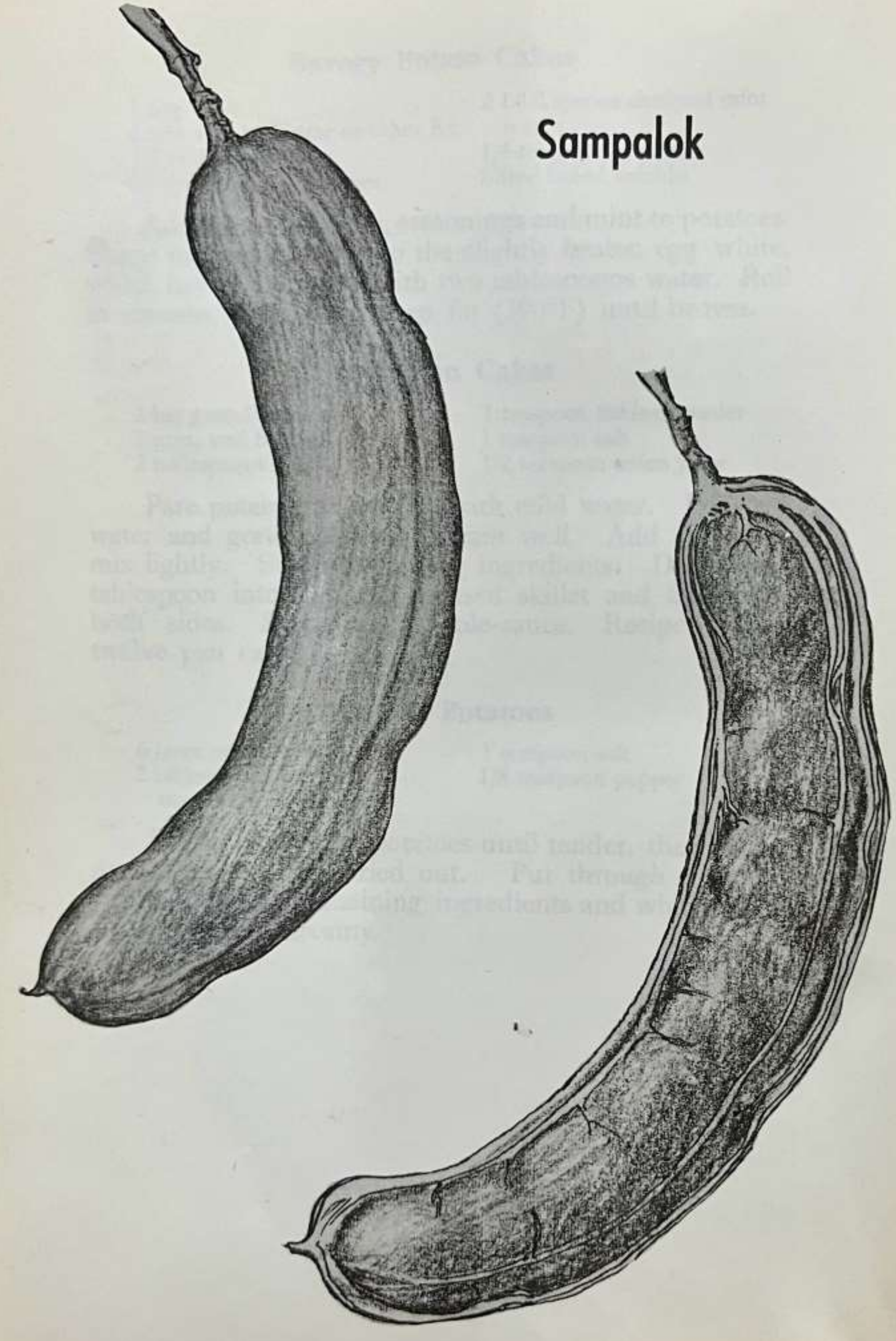
Pare potatoes and cover with cold water. Pour off water and grate potatoes. Drain well. Add eggs and mix lightly. Stir in remaining ingredients. Drop from tablespoon into hot well greased skillet and brown on both sides. Serve with apple-sauce. Recipe makes twelve pan cakes.

Mashed Potatoes

6 large potatoes
2 tablespoons butter or margarine
1 teaspoon salt
1/8 teaspoon pepper

Peel and cook the potatoes until tender, then shake over the heat until dried out. Put through a potato ricer. Add the remaining ingredients and whip with a wire whip until creamy.

Sampalok



XXX. TAMARIND (SAMPALOK)

History: The Tamarind is believed to be a native of tropical Africa and perhaps southern Asia, where it has long been popular. It was introduced early into tropical America and from there, it was probably brought in the Philippines.

Description: The fruit of the tamarind tree consists of a brittle brown pod, varying from two to six inches in length and from one half to one inch in width. This encloses a very sticky acid pulp which surrounds from one to twelve shiny brown seeds. At maturity, the edible pulp shrinks slightly from the pod. This fruit is often called *sampalok* while others call it *salomang* and *sambok*. There are two kinds of tamarind growing locally — the sweet and sour tamarind.

Nutritive Value: The tamarind as compared with all other fruits has an unusually high acid and high sugar content. Though some people find the highly acid taste objectionable, many children like tamarind. They are good sources of thiamine but have little or no vitamin A or ascorbic acid. The acid is reported to be highly tartaric.

Uses: Tamarinds are widely used in tropical countries, although many local children eat the edible portion as do the Eastern Indians and Arabs, who prize tamarinds as highly as dried dates and figs. Tamarinds may be preserved indefinitely by pressing the shelled fruits into cakes, and keeping them in a cool place or by packing them in jars alternately with sugars. The shelled fruits may be cooked in a syrup until the fruit is quite soft and put through a coarse sieve. As much pulp as possible is pressed through. This syrup may be canned and used diluted to a pleasing and refreshing iced drink. Because of their high acidity, tamarinds may be substituted for lemons or limes. Tamarinds are widely used in chutneys and curries and for pickling fish.

The ripe pods with brown pulp are used in the manufacture of syrup, beverages, sweetmeats, jellies and other slightly sub-acid confections, while some are important ingredients for curries and sauces. The green pods are used for souring "sinigang."

RECIPES

Pinangat sa Sampalok

6 pieces unripe sampalok
15-20 tawili or other kind of small fish
1 tablespoon fat
Salt to taste

Boil sampalok. Get the juice by pressing through a sieve. Strain. Put in saucepan together with the fish. Add salt to taste. When the mixture boils, add fat. Heat for several minutes. Remove from fire and serve.

Tamarind Punch

1 cup tamarind
2 cups sugar
1/2 teaspoon salt
Ginger ale

Boil unripe tamarind. Get the juice by pressing through a sieve, then strain. Measure one cup juice with water and add salt and sugar. Cool in the refrigerator or add ice cubes. Add ginger ale when ready to serve. If desired, other fruit juices may be added.

Tamarind Jelly

3 cups tamarind juice, unripe
3 cups sugar
1/2 teaspoon salt

Boil mixture of ripe and unripe tamarind in water enough to cover. Strain the juice with a fine cloth allowing it to press through without stirring or squeezing. Put together the juice, sugar and salt in a saucepan. Allow mixture to boil until desired consistency is reached without stirring. Then, remove from fire and put in a sterilized jar and seal.

Tamarind Jam

1 cup tamarind pulp	1/2 teaspoon salt
1 cup sugar	

Boil ripe and unripe fruits and get the pulp by pressing through a sieve. Cook together the pulp, sugar and salt in a saucepan. Stir mixture to prevent burning. When desired consistency is reached, remove from fire.

Tamarinade

1 cup tamarind syrup	5 cups water
6 sprigs of mint	

Mix the syrup and water. Chill and serve with cracked ice.

Guinatang Hipon sa Sampalok

2 cups small shrimps	1/2 cup coconut milk, thick
1 teaspoon salt	4 tablespoons sampalok juice

Boil unripe sampalok. Press the juice through a sieve. Cook the shrimps, coconut milk and salt and sampalok juice together in a saucepan. Boil until the shrimps are cooked and the coconut milk has curdled.

Sinigang sa Sampalok

2 cups water	2 tomatoes, unripe, cut into pieces
6 pieces unripe sampalok	Salt to taste
1 small onion, sliced	Kangkong leaves
1 bangus, cleaned and sliced	

Boil the unripe sampalok. Press the juice and strain. Cook the tomatoes, kangkong, sliced onions in a sauce pan. Add the bangus when the mixture is boiling. Add tamarind juice and salt to taste.

Champoy Tamarind

2 cups ripe tamarind	4 tablespoons margarine
2 cups sugar, brown	1/4 cup water
1 tablespoon salt	

Boil the ripe tamarind with water. Add the sugar, margarine and salt, stirring until the desired consistency of mixture is reached. Allow mixture to cool and form into balls. Roll in sugar.

Tamarind Chutney

1 cup tamarind pulp
1 tablespoon salt
1 small onion, chopped
2 cups sugar
1 small piece ginger, chopped
1/2 cup raisins

Boil and get the pulp of the unripe or ripe tamarind. Cook the pulp, sugar and salt. Chop the raisins, ginger and onion. Add to the mixture and boil until thick.

Meat Adobo with Tamarind

1/2 kilo meat (pork)
6 pieces unripe tamarind
2 tablespoons fat
Garlic (1 small head)
Salt to taste
Pepper

Boil the unripe tamarind and press the juice and strain. Wash the pork and cut into pieces. Cook the meat with the tamarind juice, pounded garlic, salt and pepper. When meat is already cooked, separate the juice and boil until tender.

Tamarind Sauce

2 cups tamarind juice
1 bay leaf
1 teaspoon salt

Boil the unripe tamarind. Get the pulp by pressing through a sieve. Cook together the juice, salt and bay leaf. Put in a jar. To preserve, sterilize the jar and do the process of preserving.

Fresh Tamarind

2 cup shelled ripe tamarinds
6 cups water
3/4 cup sugar or enough to suit the taste

Add tamarind to water and allow to soak for ten minutes. Strain the juice. Stir well and add sugar and chill. Serve with cracked ice.

Tamarind Sirup

1 cups shelled tamarinds,
  pressed down in a cup
2/3 cups sugar
3 cups water

1 cup tamarind syrup
6 sprigs of mint
5 cups water

Pour water over tamarinds and allow to stand overnight. Add sugar and boil fifteen minutes. Strain through a coarse sieve, rubbing as much pulp as possible. Heat syrup to the boiling point and pour into hot sterile jars and seal.

Tamarind Candy

1 cup tamarind syrup
5 cups water
2 cups sugar

2 dozen big sized ripe
  tamarind
1 cup water

Shell tamarind without removing the stems. Soak in lime water overnight (2 teaspoon lime and 2 cups water); then wash. Make syrup out of the sugar, water and salt. Drop tamarind that has been removed from the lime water. Remove from fire and allow the tamarind to soak in syrup overnight. The next day, add one cup sugar to the syrup and boil without the tamarind. Drop the tamarind when the syrup is thick. Let stand overnight. Drain the tamarind from the syrup and roll in sugar. Dry in the sun.

Mix the syrup and water. Chill and serve with craked ice.

XXXII. OTHER COMMON PLANT FOODS

CABBAGE: Cabbage is grown from seeds. It grows well in fairly high altitudes and much are grown around Baguio where the raising cabbages is an important industry. Roundhead cabbage is one of the most widely used vegetables in the Philippines. It is grown the year round but the best quality is raised during the cooler months. Red cabbage is also grown but to a much lesser extent.

Nutritive Value: Light green or bleached cabbage of any variety is a poor source of vitamin A, whereas the green leafy varieties are excellent source of vitamins. The green outer leaves of head cabbage contain more minerals and vitamins than the white or bleached inner leaves. It is very much used in stews and salads.

Selection and Preparation: Choose heads that have green outside leaves and are compact and heavy for their size. Cook them uncovered and avoid overcooking.

CAULIFLOWER: Cauliflower is really a variety of cabbage in which the young inflorescences which are fleshy, succulent and edible are closed in the leaves. It is one of the few flowers used as a vegetable. The tender green leaves, the stalks and stems as well as the creamy-white head may be used. It has much the same flavor as fresh young cabbage. However, it is much more expensive than cabbage.

Cauliflower has little or no vitamin A, although it is a fair source of thiamine and a good source of ascorbic acid. It is not likely to retain these water-soluble vitamins unless special care is taken to preserve them during transportation, storage and cooking.

Selection and Preparation: Select compact creamy white heads of uniform color and have no blemishes. The adhering leaves should be fresh and green.

It should have a tender yet firm texture and good color after cooking. Overcooking spoils the appearance, texture and flavor.

CELERY (KINCHAY).—Two general kinds of celery are grown in the Philippines, around Baguio—the green and the white. The small form, known as kinchay, is raised extensively by the Chinese and is very common in Manila markets. It is a somewhat slender herb with slender green leafy stalks and green leaves. It is used as a vegetable and as seasoning. In Baguio, celery with thick leaf stalks is raised. It has white succulent leaf stalks but is much smaller than high grade celery raised in the temperate zone.

Green celery has more vitamin A than bleached celery. Celery has little thiamine and is only a fair source of ascorbic acid. It is most valuable for its texture and flavor, especially when added with other vegetables and meat for salads.

KATURAY.—Katuray is a tree 5 to 10 meters in height. The leaves are alternate 20 to 30 cm. long and pinnate with 20 to 40 pairs of leaflets which are 2.5 to 3.5 cm. long. The flowers are white from 7 to 9 cm. long. The pods are 20 to 60 cm. long 7 to 8 mm. wide, somewhat curved and contain many seeds. The flowers are eaten either raw or cooked by steaming. They make an excellent salad. The young pods are eaten like stringbeans. The flowers have the general characteristics of a succulent vegetable and they are rich in calcium and a fair source of iron. They are good source of vitamin B, according to Hermano and Sepulveda.

CUCUMBER (Local Name PIPINO).—An herbaceous annual vine of fairly wide distribution, native of India and quite extensively cultivated. The young fruit is usually served raw as salad or to garnish other dishes.

Selection and Preparation: Whether for slicing or for pickling, the cucumber should be fresh, smooth, well formed and green. Withered, soft and spongy ones are undesirable. Those used for slicing should be from six to nine inches in length, those used for pickling should be small.

LETTUCE (Local name Lechugas).—Two kinds of lettuce are grown in the Philippines; the head lettuce and the leaf lettuce. The head lettuce is less nutritious than the leaf lettuce. The head lettuce range in color from light green to white. Both the head and the leaf lettuce are used for salad or as garnish for other dishes. They must always be used clean, fresh and crisp. Wilted lettuce may be made fresh and crisp by soaking the leaves in ice-water for several minutes.

MELONS.—Under the name melons are cantaloupes, muskmelons, watermelons, honeydew melons, Japanese melons and Spanish melons. Each has its characteristic color, flavor and aroma. The melon season is said to extend from the beginning of the dry season to the end. The water melon with juicy red flesh is very common in the Philippines. A good preserve is usually made from the thick white skin after removing the rind.

MUSTARD (Local name Mustasa).—An herbaceous annual, quite generally cultivated for its leaves which are eaten as "greens." The leaves are very common vegetable in the market. It has somewhat bitter and biting in taste. The leaves are often fermented to remove the undesirable taste before using as an ingredient for other dishes. It is said to be rich in calcium, phosphorus and iron.

PARSLEY (Local name Perejil).—Parsley is a biennial herb grown as an annual for its curly fine leaves which are used for garnishing and for flavoring soups and other dishes. Parsley grows in almost all elevations but does best above an altitude of 900 meters. Commonly used for garnishing other foods.

PATOLA.—Patola is a coarse annual, soft-bodied vine. The leaves are somewhat oval in shape 10 to 20 cm. long, shallowly 5 lobed, and with heart shaped base.

The female long-stalked flowers are solitary in the axils of the leaves. The male flowers are in axillary racemes, yellow, 2 cm. long, the calyx-lobes are lanceolate, and narrowly pointed. The stamens are 2 to 3 in number. The green fruit is oblong 20 to 25 cm. long about 5 cm. in diameter and with 10 prominent longitudinal, sharp angles. This species is generally cultivated in the Philippines for its edibale fruits. It is also found in India and Malaya.

PECHAY.—An annual Chinese herb which is fairly extensively cultivated for their succulent leaves. Pechay is boiled and eaten like cabbage. The leaves are very common vegetable in the market. It is shown that the leaves are excellent source of calcium, phosphorus and iron. They are good a source of vitamin B.

SINCAMAS.—Sincamas is grown in almost all places in the Philippines for its turnip like roots, which when planted produce the seeds in pods which are not usually eaten but are planted when matured to produce the roots like turnips called sincamas which are usually eaten raw between meals or used as salads with vinegar, salt and sugar. It is sometimes cooked for a short time in combination with other vegetables as in recipes of lumpia or chapsuey.

SPINACH (Local name Espinaca).—An annual herb, up to one meter tall with fleshy, succulent, dark green leaves which make an excellent vegetable when boiled. Supposed to be a native of southwestern Asia. Noted in 1924 for the first time in Baguio where it succeded well.

Selection: Should be of good green color, strictly fresh, reasonably clean, with no coarse stalks and no decay.

TALINUM:—Talinum is an erect, branching herb about one meter high, with oblong, succulent tender leaves which serve as an excellent vegetable with meat. It is boiled like spinach. The flowers are pink and are produced in great profusion. Native of the West Indies and introduced from Java. Easily propagated from cuttings, may be grown at all seasons and succeeds well at low and medium elevation. Because it is easily grown, it was one of the vegetables that kept the people alive during the Japanese occupation. It can be prepared as salad, sauted with pork or shrimps, added to sinigang and stewed meat, or cooked with egg as omelet.

TOMATO:—The tomato plant was introduced in the Philippines from America at an early date. Its fruits are about 1 to 1.5 cm. in diameter. The commonly grown variety is known as the native or Philippine tomato. The fruits are prominently lobed and fleshy, and thin with many seeds. This tomato is very hardy and yields well. Very fine tomatoes are among the commonest and most widely used vegetables in the Philippines. It is widely regarded as a very nutritious vegetable. It is very extensively used in cooking. It is combined with almost any other vegetable in hot dishes, in salads, soups and sauces.

Nutritive Value: Tomatoes are a good source of vitamins A and B and excellent source of vitamin C.

Selection: Select pink or well matured green tomatoes of uniform size. Place them in a cool, dark place until ripening is complete. Do not refrigerate until thoroughly ripe.

Firm tomatoes are best for baking whole or for cooking in slices and should not be peeled. When used for other purposes tomatoes should be peeled or dipped in boiling water. Those that are too ripe to be served raw may be cooked and served stewed, scalloped or made into tomato juice, sauce, puree or catsup.

CAMANSI: Camansi is a tree similar to Rimas or Lanka, except that the fruits of the former are covered with pyramidal projections similar to Lanka (Jackfruit).

The fruit of the Camansi is prepared for cooking in almost the same way as the Jackfruit. After removing the skin, the whole fruit is divided into eight portions. The middle part is discarded. The remaining portion containing the seeds is separated and boiled with coconut milk to which a piece of pounded ginger is added. The fruit may also be cooked in its own juice, to which bagoong is added. The fruit is sometimes sauted with pork and shrimp, and then boiled in coconut milk to which pounded ginger is added.

If the fruit is already matured, the seeds may be boiled and eaten like water chestnuts.

Abbrevations Used in Food Preparation

f.g.	few grains
spk.	speck
ss.	saltspoon
t or tsp.	teaspoon
tb. or tbsp. or T.	tablespoon
c.	cup
sq.	square
oz.	ounces
lb.	pound
pt.	pint
qt.	quart
gr.	grain
gm. or g.	gram
ml.	milliliter
cc.	cubic centimeter
gal.	gallon
l	liter
kg. or K.	kilogram

Abbreviations are used in singular form regardless of whether the item is singular or plural.

Table of Equivalent Measures

Speck	less than 1/8 tsp.
f.g.	few grains
dash	less than 1/8 tsp.
2 tbsp.	1/8 cup
4 tbsp.	1/4 cup
5 tbsp. + 1 tsp.	1/3 cup
8 tbsp.	1/2 cup
10 tbsp. + 2 tsp.	2/3 cup
12 tbsp.	3/4 cup
5/8 cup	1/2 cup + 2 tbsp.
7/8 cup	1 cup-2 tbsp. or 3/4 cups + 2 tbsp.
2 cups	1 pint
4 cups or 2 pints	1 quart
4 qts.	1 gal.
16 cups	1 gallon
16 oz.	1 lb.
1,000 grams	1 kilo or kilogram
2.2 pounds	1 kilo or kilogram
3 tsp.	1 tbsp.
5 grams	1 tsp.
2¼ cups granulated sugar	1 pound
3½ cups confectioner sugar	1 pound
4 cups sifted all purpose flour	1 pound
4½ cups sifted cake flour	1 pound
3 cups seedless raisins 1 pkg.	15 ounces
12-14 egg yolk	1 cup
8-10 egg white	1 cup

CANNING OR PRESERVING FRUITS AND VEGETABLES

—oOo—

There are two fundamental principles to be remembered in order to can fruits and vegetables successfully.

1. *Proper heating:* Food and containers must be brought to temperatures high enough and held there long enough to destroy the microorganisms that the foods might contain.

2. *Correct sealing:* After the filled containers are processed (heated) they must be sealed so the air cannot enter.

Boiling water bath for acid foods: Acid foods such as tomatoes, pineapple, mango may safely be processed in a boiling water bath. A large kettle, lard or petroleum can or utensil with a cover may be safely used for this purpose. The utensil should be tall enough for a rack, for jars to stand on, plus two inches of water over the jar, plus several inches above the water. The water must be kept boiling vigorously during the processing time; if the container is not tall enough, the water will boil over the container.

Process of boiling water bath: Place the jars or cans of food on the rack in such a way that the water will circulate freely around them. Fill the sterilizer with water two inches above the jars. Cover and bring to a boil.

Start counting the processing time from the time the water starts boiling.

Remove from water and complete sealing.

Steam pressure cooker for non acid foods: The steam pressure cooker is the only safe method of processing non-acid vegetables or meat. Temperatures higher than boiling (212°F) are required to destroy spoilage organisms when there is only a small amount of acid in the food. A temperature as high as 250°F at 10 pounds pressure can be obtained in a steam pressure cooker.

Processing in pressure cooker:

1. Put enough hot water into the cooker to keep it from boiling dry. (If the rack is very low, let the water come two or three inches above the rack but not so high that the jars will tip.)
2. Place filled jars or cans on the rack.
3. Carefully adjust cover of cooker.
4. Fasten the clamps so that the steam will escape only at the petcock.

Adjusting petcock:

1. Place cooker over heat with petcock open.

2. Leave petcock open 7 minutes after the steam begins to escape in a steady stream to be sure that all air has been forced out.
3. Close the petcock.
4. Watch the indicator closely. When it reaches the desires pressure, keep it there by adjusting the heat under the cooker.
5. Count processing time from the minute the desired pressure is reached.
6. When processing is complete, remove the cooker from the fire.

Removing containers:

Let the pressure fall slowly to zero and then slowly open the petcock. (If the petcock is open rapidly, liquid is lost from the jars.) Allow glass jars to remain in the cooker a few minutes before removing them. As soon as they are taken out, seal them completely, do not try to tighten them again later so as to avoid breaking the seal.

Syrup for canning fruits:

To one pint of water, use the following amounts of sugar:

Thin	2/3 cup
Medium	1 cup
Thick	2 cups

Stir water and sugar together, while heating until thoroughly dissolved. Bring to the boiling point, skim and use.

Canned fruits, tomatoes, mango or pineapple:

Prepare the designated quantity of the fruit, tomatoes, pineapple or any fruit in season suitable for canning. (Ref. Preservation of Philippine Fruits by M. Orosa).

Canned meat and low-acid vegetables:

Prepare the designated quantity of low acid vegetables such as corn, beans and others and of meat for canning. Can the food according to the general directions for non-acid or low acid foods.

STEPS IN CANNING

Checking equipment and supplies:

1. Decide what equipment and utensils are needed and check each piece to be sure that it is ready to use.
2. Be absolutely certain that the pressure gauge and safety valve of the pressure cooker work.
3. Sterilize all jars and covers by boiling them for 15 minutes, especially if processing is to be done in the boiling water bath.
4. Wipe covers of tin cans carefully with a wet cloth in such a way that the gasket will not get wet.

Selection of Foods:

1. Whenever possible, can fruits and vegetables on the day they are gathered.
2. Choose each food when it is at its best for canning. Usually fully ripe fruit have the best flavor, but select the firm one. Most vegetables are at their best before they are fully matured.

Preparing fruits and vegetables:

1. Grade fruits or vegetables for size, shape, color and ripeness if uniform products are desired.
2. Prepare only a small amount of fruit or vegetable at one time, the exact amount depending upon the amount that can be processed at one time.
3. Wash, blanch, pare, or peel fruits. Remove all bruised spots and cut into pieces of desired shape and size. Wash vegetables thoroughly, using a stiff brush to remove dirt.
4. Preheating all vegetables (hot pack method) before packing. The advantages of preheating—it makes the food more pliable and easier to pack, shrinks it so that less space is wasted in the jar. Speeds up processing because the foods are already hot when they are packed.
5. For fruits, prepare the syrup needed and reheat the fruit in it.
6. Packing may be done without preheating and the hot syrup is poured over it. This is known as the cold-pack method.

Packing food into jars or cans:

An orderly arrangement of food permits packing a larger quantity into the container and gives a more attractive pack.

1. Fill the jars with fruits or vegetables to within 1 inch of top for boiling water bath process and within 1½ inch of top for pressure cooker process.
2. Add enough boiling liquid to bring the contents to within 1/2 inch of top for boiling water bath process and within 1 inch of top for pressure cooker process.
3. Fill tin cans with fruits or vegetables to within one inch of the top.
4. Add enough boiling liquid to bring the contents to within 1/4 inch of the top.

Preliminary Sealing:

1. If the glass jars are being used, dip rubber rings in hot water and adjust on the jar (if the rubber rings are not attached to the cover).
2. Adjust the cover and partly seal.

Processing:

1. Putting jars or cans of fruits or tomatoes into boiling water bath or into steam pressure cooker.
2. Processing for the required time.
3. Removing from canner.
4. Completing the seal.

Read instructions according to type of container:

Labeling — with information as to date canned, syrup used, size of fruit, etc.

Storing — in a cool dry place. Protect glass jars from light so that the food will not fade in color.

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